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# THE Kentucky Kernel

Monday, October 17, 2005

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## UK begins hospital renovation with demolition

By Shannon Mason  
THE KENTUCKY KERNEL

The demolition of four properties on Conn Terrace Friday marked the first visible step of the UK HealthCare expansion.

"We have four houses in piles of rubble," said Jim Conner, project manager with the University's Capital Project Management Division.

The deconstruction is the first step in phase 1A of the hospital expansion plan.

Conner said altogether there were nine buildings, including the four demolished Friday, on the block being demolished right now. The remaining five buildings, three houses and two apartment complexes, will be down "by the end of the month."

Conner said that before any of the buildings are torn down, workers go through and clean out the asbestos and old floors. They also look for appliances or other items in working condition that could be of use to others.

"So far we have donated a dozen refrigerators and ranges to Habitat for Humanity," Conner said.

Conner said the university is working on purchasing properties down to Elizabeth Street and it may take six months to close deals on all of those.

Dr. Michael Karpf, executive vice president of health affairs at UK, said that in phase 1A, a new hospital building will be built in the location of the hospital's current parking garage. In order

for the old garage to be torn down, a new garage must be built. The new parking garage will be built at the current deconstruction site on Conn Terrace and will be open between January and March of 2007, Karpf said.

Karpf said phase 1A is projected to cost \$450 million. He said \$250 million of that will come from bonds, which are state-approved but paid by the university, and the other \$200 million will come from operations.

Karpf said construction

of the new hospital facility will start in 2007 and the facility should be completed by 2010.

According to the UK HealthCare Strategic Plan, phase 1B includes the construction of a new research facility across South Limestone Street and the construction of a combined medical and dental education building.

Karpf said phase 1B should be complete by 2015. "We hope to overlap 1A and 1B," Karpf said. "I'd like

to get out of the old hospital by 2012." Overlapping the phases could mean phase 1B would be completed earlier than 2015.

Phase 2 includes knocking down the old hospital and building a new facility for ambulatory care, Karpf said. This phase should be complete between 2015 and 2018.

Phase 3, the last phase, includes tearing the critical care tower down and building a facility to provide better

See Renovate on page 2

## Party plan quiets down campus area shindigs

By Mallorie Kiogora  
THE KENTUCKY KERNEL

Nearly four years after it became law, the Lexington Area Party Plan continues to govern the conduct and consequences of parties in the Lexington-Fayette County area.

The ordinance states that the plan is designed to decrease the number of disturbance complaints from citizens and that it will "benefit the health, safety, and welfare of the community."

Two alcohol-related deaths in the past two years have sparked police crackdowns on parties and returned attention to the party plan, but some students still feel slighted by the law.

"I understand the concern, but at the same time not all of us are excessively partying. Some of us are merely fellowshiping with peers in a mature and civilized manner and we are still going to receive the short end of the straw because of policy and regulation," said anthropology sophomore Marcus Richardson.

According to the ordinance, a residence can be considered a "no party property" if multiple disturbance complaints are reported to the police within one year.

Property owners and occupants are notified of this through a notice, as well as a copy of the provisions, and a sticker or similar document to remain visible during the period of time the property is considered a "no party property."

If a disturbance complaint is received while a residence is deemed a "no party property," the one-year prohibition will be renewed.

Tenants and properties can appeal the certification as a "no party property" by contacting the Commissioner of Public Safety in writing. Each appellant must show they understand the reason for their certification and promise that no further disturbance problems will occur. If the appeal is approved the "no party property" certification will be removed.

According to the ordinance, the fine for a first-time violation of the plan can be between \$50 and \$500. A second violation occurring within 12 months of the first violation will include a fine between \$100 and \$500. A third violation occurring within twelve months of the first and second violation will include a fine between \$250 and \$500.

Additionally, other consequences may be in store for violators. Some off-campus apartments, such as Newtown Crossing, have party contracts or regulations tenants must adhere to.

University Commons apartments on Red Mile Road requires tenants to register parties of 10 or more guests with the main office and sign contracts accepting full responsibility for damage or complaints. Tenants must agree with party regulations, such as ending the party at 2 a.m., a one-keg limit and a maximum of 25 invited guests.

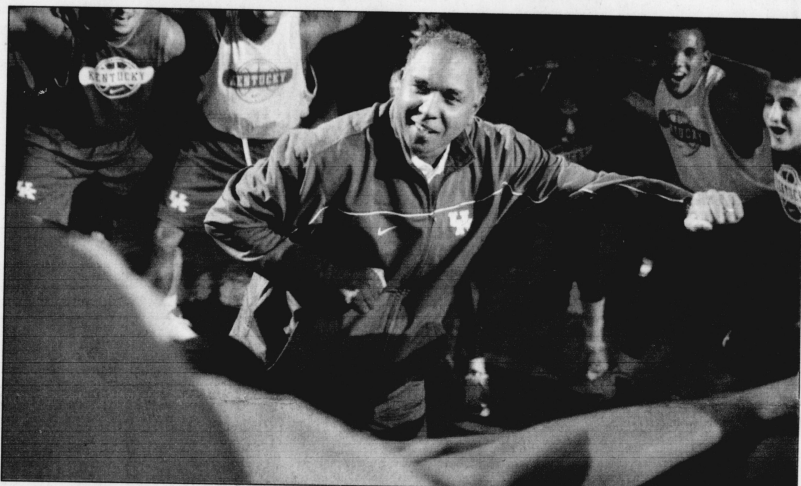
"The rules enforced at the Commons are fair for everyone because people who have to work or go to school shouldn't have to be woken up by music or parties," said business freshman Piers Davis.

At some locations, tenants are allowed to throw parties in their apartments but they do so at their own discretion.

"If they (tenants) have too many parties on campus..."

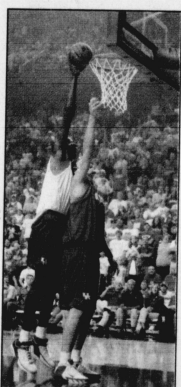
See Party on page 2

## MAD ABOUT BLUE



UK men's basketball coach Tubby Smith dances in the middle of his team during Big Blue Madness on Friday. It was the first time the event was held at Rupp Arena. From 1982 to 2005, the event was held in Memorial Coliseum.

Shagari Alleyne, a 7-foot-3 junior center, hardly has to hop over 7-foot junior center Lukasz Obrzut in the dunk contest during Friday's Big Blue Madness.



DARRUSH SHAFI | STAFF

## Record crowd watches first practice

By Josh Sullivan  
THE KENTUCKY KERNEL

UK led the nation in college basketball attendance for 12 of the last 19 years.

But Friday, man, we were talking about practice.

Last weekend, 23,174 UK basketball fans packed Rupp Arena for Big Blue Madness, setting a new NCAA attendance record for a college hoops practice.

Since 1992, the Wildcats have opened the season in mid-October with an annual "Madness" event in Memorial Coliseum. This year, UK officials moved the extravaganza to Rupp because of the practice facility renovations in progress at the Coliseum.

The two-hour pep rally included a rafter-dwelling mascot, a legendary emcee, a travel through time and an array of videos celebrating the 30 years of UK basketball at Rupp.

Just after 9 o'clock, the Wildcat mascot rappelled from the rafters down to the court amidst a raucous ovation from the crowd. That kicked off a two-hour long celebration of both the history and the future of UK basketball.

Fans were treated to several videos documenting legendary UK basketball moments in Rupp Arena. The No. 1 moment was Tayshaun Prince's

flurry of five consecutive three-point baskets — the fifth one with Prince just two walking steps away from the UK logo at Rupp's center court — against North Carolina in 2001.

Many ex-players joined the celebration as well. Rupp's Runt-turned television broadcaster Larry Conley was the master of ceremonies for the event, interviewing fan favorites such as former head coach Joe B. Hall — who guided the Cats to the 1978 national championship — and former all-American Kenny "Sky" Walker.

"These fans without a doubt are the best fans in the world," said Walker, "and that's what makes this place so special."

Current players also got in on the early fun, appearing on the big screen in spoofs of 1980's music videos. Forward Bobby Perry lip-synched an Eddie Murphy tune and sophomore guard Ramel Bradley, 7-foot-3 center Shagari Alleyne and sophomore Joe Crawford portrayed rap trio Run-DMC as members of the women's team danced in the background.

The prelude came to a close as fans were introduced to the women's hoops team. Third-year head coach Mickie DeMoss entered to a standing ovation. Last season, she led her team to the semifinals of the Women's National Invitational Tournament, the program's longest foray into the post-season.

See Madness on page 2

## Morris must be more bubbly to win back loyalty

I'd like to meet the guy who sells Randolph Morris gum.

Because the prodigal center's Dubble Bubble seems to be the only thing he gets jazzed up about.

Friday at Mid-night Madness, he got a tepid response from an otherwise wild crowd, then played another tepid game in his pursuit of NBA riches.

He got the third largest crowd response, if you put him against equipment manager Bill Keightley and former reserve Josh Carrier.

Given the loud ovations extended to adopted sons Rajon Rondo, Patrick Sparks, Lukasz Obrzut and Shagari

Alleyne — some with more game success than others — one would expect applause to greet the return of a center who could help the team.

Instead, UK fans searched behind Morris, who was in his usual stroll, most of his bodily activity coming from the rapidly working chisel in his jawbone, for the next returning Wildcat.

Morris's summer didn't particularly endear him to the Wildcat legions. To fans, it was kind of like your girlfriend flirting with the rich guy right in front of you, dumping you, then getting dumped and coming back to you without a word of apology, expecting you to take her back.

And understandably, Wildcat fans weren't entirely thrilled with the idea.

See Hustle on page 2



The judges were unanimous in giving junior center Shagari Alleyne a perfect 10 after he dunked over fellow 7-footer and junior center Lukasz Obrzut. (From left to right) Former UK players Jeff Sheppard and Cameron Mills joined a young UK fan and Donna Smith, wife of UK head coach Tubby Smith.

# Madness

Continued from page 1

After a 10-minute scrimmage the women's team left the court, waving to an appreciative audience.

Moments later, the crowd exploded along with the pyrotechnics, as each member of the men's team entered individually while flames shot out toward the ceiling from each side of both baskets.

As the crowd chanted "Tu-bby, Tu-bby," UK head coach Tubby Smith made his way through the crowd to take the court for his eighth season at the helm of the Wildcats.

Former UK guards Jeff Sheppard and Cameron Mills, members of UK's 1988 national championship team, joined the players in pre-scrimmage warm-ups. At one point, Tubby Smith hit Sheppard with an alley-oop pass,

and Sheppard threw down a dunk.

Mills and Sheppard competed against senior guards Ravi Moss and Patrick Sparks in a three-point shootout. Moss and Sparks prevailed, despite Sheppard's attempt to derail them by stealing away their ball and tossing it into the crowd.

Sophomore point guard Rajon Rondo won the dunk contest for the second straight year, beating out the sophomore Crawford and freshman guard Adam Williams, who donned a Sheppard jersey while slamming home a reverse dunk.

Williams, a West Virginia native, saw playing time in the 16-minute scrimmage, along with fellow newcomers Jared Carter, a 7-foot-2 center from Georgetown, and junior college transfer Rekalin Sims, a 6-foot-6 forward. Earlier that night, Smith spoke about his new trio.

On Sims, Smith said, "he's a guy that I think will have the biggest impact as a

newcomer. He's very versatile, very physical."

Of Williams, Smith said, "I love his attitude, I love his work ethic. He'll help make everybody better."

Finally, Smith turned to Carter: "I like his style. He's very aggressive... He's as skilled a post player as we've had."

Carter sent a Randolph Morris put-back attempt back at Morris during the scrimmage.

Morris, the sophomore center whose playing status for 2005-06 is still yet to be resolved, came out to a tepid response from the crowd and played a careful scrimmage, finishing with six points with several rebounds in traffic.

The men's scrimmage ended with walk-on senior guard Preston LeMaster nailing a game-winning three-point basket from the corner.

UK's Blue-White scrimmage is on Oct. 22 at Memorial Coliseum. *E-mail jsullivan@kykernel.com*

# Renovate

Continued from page 1

ter inpatient and outpatient access, Karpf said. This phase should ultimately be completed by 2020.

"We are trying to use the real estate on campus as efficiently as possible," Karpf said. "So, this all has to be done in a sequential fashion."

Karpf said about a year and a half has been spent planning the project thus far, and at least another year is needed in planning for the new hospital.

Currently, planners of the expansion are in the detailed programming phase, Karpf said, where the numbers of rooms, such as patient rooms, in the facilities are decided. This phase ends Dec. 15, he said.

The next phase will be the schematic phase, where the sketches of the rooms are drawn out.

Karpf said the expansion is important because it is the university hospital's job to take care of the people of Central, Eastern, Southern and Northern Kentucky have access to the very best health care available to them.

"There are a number of special programs that only an academic medical center

can do," Karpf said.

The center's Level One trauma center, organ transplant capabilities and full-service pediatric program are examples, he said.

He said UK HealthCare is also important for its role in research and in the training health care workers. Karpf said research brings in money and when you build the research programs, you bring more jobs.

In two years, Karpf said about 800 jobs have been added.

"We've brought in 100 physicians and hundreds of nurses," he said. "This is a major economic engine." *E-mail smason@kykernel.com*

# Hustle

Continued from page 1

UK fans, though, are notoriously fickle. There are three ways Morris can get back into fans' hearts: get playing time, play hard and play well.

This straddling around business isn't going to cut it with Wildcat fans, who have expected nothing more out of Tubby-time than to see players on the floor, scrapping for rebounds, garbage baskets, and every inch of post position they can get.

Morris scored six points, grabbed several rebounds in traffic, ran the floor well when he felt like it, and hit a 13-foot fadeaway jumper.

He also lost several rebound battles, jogged the court at times, and got a shot blocked by 7-foot-2 freshman Jared Carter.

His heart was questioned at many points through last season, when the McDonald's All-American finished with 8.8 points and 4.2 rebounds

per game in the also-ran Southeastern Conference.

One would imagine that the supposed lack of effort was a main reason he, and former UK star forward Kellena Azubuike, weren't drafted.

But, like everything else, it doesn't seem to have affected him.

A note to prospective NBA players: being as cool as the other side of the pillow only helps if you're as good as you think you are.

Tayshaun Prince could pull it off. Prince played at UK for four years, and the experience has changed only when he rose up to throw down an alley-oop dunk.

But when Prince got the ball, he produced, like in what was shown at Madness as UK fans' favorite moment in the 30-year history of Rupp Arena, the five three-pointers on five possessions he hit against North Carolina in 2001.

Morris' most famous moment is a thunderous dunk against some D-2 team last season, in a game that was either in the first half or al-

ready a blowout.

Or the time he didn't have his second foul at halftime.

If Morris would exhibit a little bit of hustle, a slight splash of grit, or even a fraction of excitement on the court, maybe fans would be quicker to take him back.

If Morris would do so little as to smile on the court, pretend that he's having fun, instead of playing like he's got one more year before he gets paroled, then UK fans would be quicker to take him back.

If Morris would, all of a sudden, play like he's trying to win a pro contract instead of being given the league minimum to sit on the bench and not get hurt, then maybe the fans would be quicker to take him back.

If Morris would act like he's here for the team, instead of on a temporary stop to NBA riches, the fans would try and take him back. If he even wants them to.

Because as of right now, it doesn't appear that he gives a damn about anything besides his bubble gum. *E-mail cjohnson@kykernel.com*

# Party

Continued from page 1

warnings, it's grounds for eviction," said Matt McKnight, assistant manager of The Meadows off Kirklevington Road.

Some apartments allow tenants to rent the properties clubhouse to host parties.

The Meadows apartments rents its clubhouse for \$200,

which includes a \$100 deposit, a \$50 rental fee and a \$50 maintenance fee, McKnight said.

Secondary education junior Joe Latin said he would not consider renting the clubhouse "because they close too early."

Students who lease homes or condominiums, such as Campus Downs Condominiums off of Virginia Avenue, typically do not have property party regulations.

Council Member Dick DeCamp who represents UK and

the surrounding area on the Lexington-Fayette County Urban County Council, said there are currently no proposed revisions or additions to the party plan.

Despite the stiff fines, some students said they believe a good party is worth it.

"One night for my friends to enjoy themselves is very much worth it for me," Richardson said. "If I receive a citation and have to pay a fine then so be it." *E-mail news@kykernel.com*

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## UK rugby mixes pleasure with pain

By Charlie Denison  
THE KENTUCKY KERNEL

Cyndi Lauper once sang, "Girls just wanna have fun." For the 37 girls on the UK women's rugby team, fun leaves bruises. After all the tearing of clothing and tackling of teammates, the girls release aggression as well as a few laughs.

"Rugby is the weirdest sport I've ever played," said junior flyhalf Bethany Zick. "There aren't many rules."

From the opposite side of the grassy field the sound of a shirt being torn could be heard.

After practice, the girls were showing off bruises.

Junior inside/outside center Cara Nocero asked some teammates to feel the new bump on her head, laughing it off as another hard day's work.

Rugby is not a sport made to look easy, and the UK women's club seems to have learned to love the difficult sport — making the game more fun to play and more fun for others to watch.

Ever since fall of 2001, rugby has been offered as a club sport for women at UK. Adrienne Bouchet and her husband Jason have coached the men's and women's teams since the start. Adrienne says she is especially excited about this season.

"We have our best recruiting class," Bouchet said. "We also have more players and more talent than before."

Among the talent on the team is Zick, who is from Rochelle, Ill., and played on the women's under-19 national team in the summer of 2004.

Unaware of what to expect when joining the team her freshman year, Zick said her favorite part about the team is the friendships. She lives with two other rugby teammates and said several other teammates also live together.

"We're just one big rugby family," Zick said.

Senior Kay Anderson, a rugby veteran, enjoys the team aspect of the game more than other sports she has played.

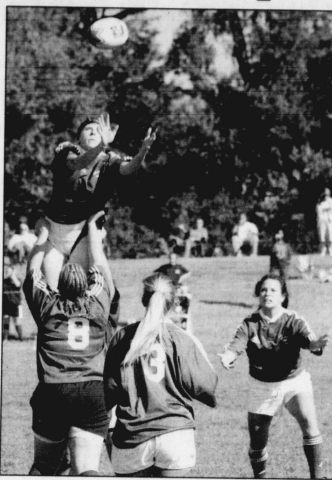
"You're not playing for yourself," Anderson said. "The team is so close that you really feel we're all out there together."

In some instances, the team is family literally: full-back Jessica Smith, a veteran on the team who just returned after having a child, is the godmother of Coach Bouchet's daughter, Wilkinson — named after Newcastle (England) Falcon rugby player Johnny Wilkinson.

Bouchet especially enjoys watching the relationships form among teammates.

"I've had girls tell me that the rugby team is their favorite part of college," Bouchet said. "Some have even said that the team is what kept them from transferring."

Bouchet also mentioned



Kim Kookendoffer, a telecommunications senior, is hoisted to catch the ball during a line-out to retain possession during a home game of the UK's club women's rugby team Saturday.

that rugby is for everybody.

"You don't have to have ever played a sport, and everyone gets a chance to play," she said.

Freshman flanker Alison Geimen is one of 20 rookies on the team. With no prior rugby experience, Geimen has been thrilled with the veteran leadership from players such as Zick and Nocero.

"The vets have really pointed us in the right direction," Geimen said. "Plus they do a good job watching out for us."

Geimen also mentioned that rugby is the most ag-

gressive sport she has played.

"I don't think I ever got a bruise in track," she said.

The team had its first home game of the season Saturday against Ohio University, winning 38-5. If the team defeats Miami (Ohio) this weekend, they will clinch a playoff spot.

Although Lauper was not referring to rugby in her hit song, the UK women's rugby team definitely wants to — and does — have fun.

E-mail  
sports@kykernel.com

Karen Stone (front), a physical therapy grad student, and Kristin Fitch (back), a history senior, focus on their opponents before the scrum engages. Both are members of UK's club women's rugby team.



ANDREW HUGHES | STAFF

The team is so close that you really feel we're all out there together."

— Kay Anderson, a senior on the UK women's rugby team

## SPORTS BRIEFS

### Hockey drops two

UK took two tough ones on the chin this weekend, losing twice to the American College Hockey Association defending Division 2 national champions Oakland (Mich.) 5-5 and 11-1 at the Lexington Ice Center.

Mike Barnes scored twice on Friday for the Cool Cats, joining Tony Valerino, Brandon Polk and Aaron Leichty in the scoring column. Jonny Micka scored UK's lone goal Saturday.

### Men's soccer splits weekend matches

UK coasted to a 3-2 victo-

ry over East Carolina Sunday, winning the shot advantage 12-6 and never being seriously threatened besides a deflection, which led to the Pirates' first goal, and a defensive breakdown on a goal kick, which held to the second.

Michael D'Agostino scored his third goal of the season and added his sixth assist, good for eighth best in school history. Michael Strong and Tim Walters also scored for the Cats. Walters' goal was his first career tally.

On Friday, South Carolina scored on its only shot on goal, defeating UK 1-0.

O'Neill and Nathan Marks were forced to sit out for disciplinary reasons, as O'Neill received a red card against Southern Methodist last weekend and Marks took his fifth yellow of the season.

UK hosts Conference USA foe Memphis at 7:30 Friday night at the UK Soccer Complex.

### Swimming and diving sweeps Ky, Relays

UK's men's and women's swimming and diving teams each swept through the Kentucky Relays at the Lancaster Aquatic Center Saturday.

The women won all 12

events, scoring 168 points and besting second-place Transylvania University, who finished with 92.

The men won every event but one, finishing with 154 points and topping the University of the Cumberlands, who finished second with 98 points.

The event hosted aquatics teams from across the Commonwealth, including Eastern Kentucky, Asbury College and Union College. None of UK's opponents were Division I schools.

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<p><b>Monday 17<sup>th</sup></b></p> <ul style="list-style-type: none"> <li>•The Thomas D. Clark Study, 7:00 am, Thomas D. Clark Study</li> <li>•Pre-Med AMSA meeting, 7:00 pm, CP conference room 137</li> <li>•Dressage Team Meeting, 7:30 pm, Student Center Room 203</li> <li>•Young at Heart/Activities with Friendship, 7:00 pm, Friendship care and rehab-North Limestone</li> <li>•RSA General Assembly Meeting, 5:30 pm, Student Center Small Ballroom</li> <li>•Bible Study, 8:00 pm, S.C. Room 113</li> <li>•James W. Stuckert Career Center Drop-In Hours, 3:00 pm, James W. Stuckert Career Center 408 Rose Street</li> <li>•Kids' Cafe, 4:00 pm, 240 East 7th Street</li> <li>•Swing Dance Lessons, 8:15 pm, Tates Creek Ballroom, 1400 Gainesway Dr.</li> <li>•Solar Car Team Meeting, 7:30 pm, DVT Engineering Building</li> </ul>	<p><b>Tuesday 18<sup>th</sup></b></p> <ul style="list-style-type: none"> <li>•James W. Stuckert Career Center Drop-In Hours, 3:00 pm, James W. Stuckert Career Center 408 Rose Street</li> <li>•Fencing Club Practice, 8:00 pm, Buell Armory</li> <li>•Men's Volleyball Open Gym, 8:00 pm, Alumni Gym</li> <li>•Cheap Seat Tuesdays presents "Fantastic 4", 8:00 pm, Worsham Theatre</li> <li>•National Student Exchange Info Session, 3:30 pm, 102 Miller Hall</li> <li>•UK College Democrats, 7:30 pm, Student Center Rm 211</li> <li>•UK Greenthumbs Meeting, 6:30 pm, Room 106 Student Center</li> <li>•BINGO, 7:00 pm, Student Center Cafeteria</li> <li>•Alpha Phi Omega Active Meeting, 7:30 pm</li> <li>•The Thomas D. Clark Study, 7:00 am, Thomas D. Clark Study</li> <li>•The Rock, 9:00 pm, 5th E. House</li> <li>•Basic Needs Planning Meeting, 6:00 pm, in front of the SVC Office</li> <li>•Taekwondo practice, 6:30 pm, Alumni gym loft</li> </ul>	<p><b>Wednesday 19<sup>th</sup></b></p> <ul style="list-style-type: none"> <li>•U.S. Peace Corps Presentation, 6:00 pm, James W. Stuckert Career Center - 408 Rose Street</li> <li>•The Thomas D. Clark Study, 7:00 am, Thomas D. Clark Study</li> <li>•Student Government A &amp; R Meeting, 8:00 pm, 363 Student Center</li> <li>•James W. Stuckert Career Center Drop-In Hours, 3:00 pm, James W. Stuckert Career Center 408 Rose Street</li> <li>•UK Habitat for Humanity Meeting, 5:15 pm, Student Center Room 228</li> <li>•Add Club &amp; Marketing Meeting: Rajiv Sanyal, P&amp;G Marketing Exec, 8:00 am, 3rd Floor, Lucille Little Fine Arts Library</li> <li>•Dance/Blue Date Auction, 8:00 pm, Memorial Hall</li> <li>•Comedy Caravan, 8:00 pm, Student Center Cat's Den</li> </ul>	<p><b>Thursday 20<sup>th</sup></b></p> <ul style="list-style-type: none"> <li>•UK/LAMBDA Meeting, 7:30 pm, Room 357 of the Student Center</li> <li>•WEEKLY DISCUSSION GROUP, 7:00 pm, Blevins House</li> <li>•Free Movie-The Maltese Falcon, 10:00 pm, Student Center-Center Theater</li> <li>•Taekwondo practice, 6:30 pm, Alumni gym loft</li> <li>•Fencing Club Practice, 8:00 pm, Buell Armory</li> <li>•The Thomas D. Clark Study, 7:00 am, Thomas D. Clark Study</li> <li>•Interview for Success, 3:30 pm, James W. Stuckert Career Center - 408 Rose Street</li> <li>•Lecture: The Future of Physics, 7:00 pm, Memorial Hall</li> <li>•Annex International meeting, 7:00 pm, Student Center Rm 228</li> <li>•MSA General Assembly Meetings, 5:30 pm, 359 Student Center</li> <li>•WEEKLY DISCUSSION GROUP, 7:00 pm, Blevins House</li> <li>•Men's Volleyball Open Gym, 8:00 pm, Alumni Gym</li> <li>•James W. Stuckert Career Center Drop-In Hours, 3:00 pm, James W. Stuckert Career Center 408 Rose Street</li> </ul>	<p><b>Friday 21<sup>st</sup></b></p> <ul style="list-style-type: none"> <li>•The Thomas D. Clark Study, 7:00 am, Thomas D. Clark Study</li> <li>•James W. Stuckert Career Center Drop-In Hours, 3:00 pm, James W. Stuckert Career Center 408 Rose Street</li> <li>•KCF Dinner and Fellowship, 7:00 pm, CSF Building on Woodland Ave. (across from Cooperstown Ave.)</li> <li>•Anthropology Department Colloquium Series, 4:00 pm, 213 Lafferty</li> <li>•Free Movie-The Shawshank Redemption, 10:00 pm, Student Center-Worsham Theater</li> </ul>	<p><b>Saturday 22<sup>nd</sup></b></p> <ul style="list-style-type: none"> <li>•College of Pharmacy Pharm.D. Program Open House, 9:00 am, Nursing Bldg. Room 201</li> <li>•The Thomas D. Clark Study, 7:00 am, Thomas D. Clark Study</li> <li>•Free Movie-Busting Out, 10:00 pm, Student Center-Worsham Theater</li> </ul>	<p><b>Sunday 23<sup>rd</sup></b></p> <ul style="list-style-type: none"> <li>•UKUFO, 10:00 pm, Seaton Field</li> <li>•Placing Leaders Around Youth, 4:00 pm, Meet Outside the Student Center by the ATMs</li> <li>•Banner Competition, 4:00 pm, W.T. Young Library</li> <li>•95th Annual UK Homecoming 5K Run/Walk, 1:00 pm, UK Arboretum</li> <li>•The Thomas D. Clark Study, 7:00 am, Thomas D. Clark Study</li> </ul>

# Opinions

Editorial Board  
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Tim Wiseman, Managing editor  
Andrew Martin, Opinions editor  
Brenton Kenkel, Asst. Opinions editor

Chris Johnson, Asst. Sports editor  
Crystal Little, Projects editor  
Derek Poore, Sports editor  
Doug Scott, Features editor  
Josh Sullivan, Staff columnist

## EDITORIAL NOTEBOOK

■ We're less than two months into the semester, but discontent over UK's new meal plan has been growing steadily among students and faculty. The unease is to be expected. The Kernel reported Friday that the experiences of other Kentucky colleges show that unhappiness is common following a switch to a new meal plan.

Jeff DeMoss, the director of Dining Services, said changes are planned for next school year, including ways to let students "graze" without using up an entire meal.

What's most important is that the university listen to student input and take it into account when considering changes to the plan — even if it ultimately means going back to the old plan.

■ Last week, Urban County Council members questioned solid waste officials about pay practices after an internal audit showed many solid-waste workers were working an average of 4.4 hours per day but still getting paid for a full 10-hour shift.

Furthermore, the department's overtime pay has steadily escalated in recent years despite workers having not worked a full 40-hour week to begin with, according to the Lexington Herald-Leader.

The concept of "undertime" — the practice of paying employees for hours not worked — is standard practice in the sanitation industry, according to the Herald-Leader. Even so, Lexington's "undertime," an average of 5.6 hours per worker, is more than double that of most other cities.

Although rare, some private-sector employees enjoy "undertime" as well. But the sort of runaway waste that allows employees to be paid for more than twice the hours they actually work has to stop.

City council officials must find a way to ensure that this department becomes more efficient, else they'll prove once again the truism that everyone — families, businesses, what have you — can do more with less resources if forced to, but not the government.

■ When Los Angeles' Josh Paul saw Chicago batter A.J. Pierzynski swing and miss for a third strike in Game 2 of the ALCS, the Angels catcher thought the inning was over.

But it wasn't. Home plate umpire Doug Eddings thought the ball hit the ground, and Pierzynski streaked to first.

Paul could have tagged him out, but he was already at the dugout steps when he turned to see Pierzynski safe at first. If Paul had nixed the premature trot to the dugout, he could have easily tagged Pierzynski, and the Angels could have won that game. Both Paul and Eddings are at fault. It was obviously a bad call — but it was also one of the hardest calls to make.

Baseball should stand behind its umpires, even if the call was a bad one. Mistakes are made. But parading umpires to the podium to talk with the media, as was done following Game 2, is not the way to do it.

And as far as Paul goes, wait an extra second or two. It could pay off.

■ Echoes of the infamous 1992 Rodney King beating reverberated in the French Quarter on Oct. 8.

Now, the three white New Orleans police officers accused of brutalizing Robert Davis, a 64-year-old retired black teacher, are maintaining their innocence, claiming Davis was drunk and resisting arrest, and that they couldn't get him handcuffed.

Not that we're agest, but the man is 64 years old. He was clearly outnumbered, three to one. That's no fair fight, under any circumstances.

Meanwhile, a video shot by Associated Press Television News has aired repeatedly on national news networks, showing officers punching and dragging Davis to the ground — a damning piece of evidence for the trial, scheduled for January.

If the officers had been private citizens, they'd undoubtedly face conviction. We hope justice is served without giving the officers leniency they don't deserve.

■ The plot is thickening in the case of who disclosed the identity of CIA agent Valerie Plame to reporters, ultimately leading to her public exposure in a column by Robert Novak.

New York Times reporter Judith Miller testified before special counsel Patrick Fitzgerald's grand jury for the second time Oct. 12. Karl Rove, President George W. Bush's chief political adviser, gave a lengthy fourth testimony Oct. 14.

Miller's actions have been particularly confounding. After being in jail for 85 days for refusing to testify, she suddenly decided to do so (and thus be released from prison) Sept. 29 after receiving a letter and a phone call from Libby, who said he had released her from her vow of confidentiality a year earlier.

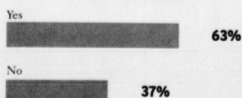
Revelations from the weeks since her release have raised questions about how close Miller was to senior Bush administration officials and how that affected her journalistic integrity. For example, in a personal account of her experiences in yesterday's Times, Miller wrote, "During the Iraq war, the Pentagon had given me clearance to see secret information as part of my assignment 'embedded' with a special military unit hunting for unconventional weapons." For a journalist to receive such special treatment from the government is ethically dubious at best.

Most important, however, is for Fitzgerald to ascertain who leaked Plame's name and CIA status to the press and for the appropriate charges to be issued.

— Kernel Editorial Board

## Online Poll Results

Do you think UK basketball player Randolph Morris should be reinstated?



## IN OUR OPINION

# Reynolds renovations needed

For most students, classrooms are a refuge during the summer — a place to sit in air conditioning and beat the heat.

It's not so for the art students who work in the Reynolds Building, a "neglected, but wonderful, old building," as Fine Arts Dean Robert Shay described it to the Kernel last school year.

The building received \$800,000 in improvements to update its electrical system and add air conditioning to two rooms earlier this year. But almost \$12 million more in needed renovations — such as installing elevators, reconfiguring walls, lowering ceilings, and adding air conditioning and ventilation throughout the building — have yet to even

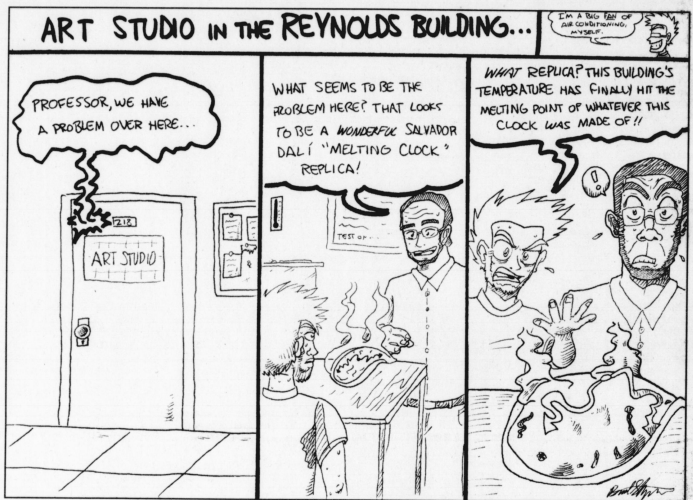
receive funding. Concerns about safety also abound. There is little parking near the building, which is located at the end of Scott Street on South Broadway, meaning that students often must make a long and dangerous walk to their cars.

Physical plant director Jack Applegate said the second phase of structural improvements is on the deferred-maintenance list, meaning that it will have to be added to UK's list of state-bonded projects to receive funding. UK — and, when the time comes to issue bonds, the Kentucky legislature should take the renovations seriously. For the sake of art students and faculty, as well as anyone else who has to use the building, it's time for the years of neglect to end.

**Art students and faculty deserve a comfortable facility, even if their department isn't UK's most lucrative.**

No student should have to work in a physically uncomfortable environment. Holding classes in overheated rooms only can be detrimental to the learning process. And concern for students' safety should obviously be a top priority for the university.

The recent improvements have helped fight the notion that UK has neglected the building because it views art students as less important than those in fields that draw more lucrative research grants, like engineering and the natural sciences. But UK needs to make sure the second phase of renovations continues — though the financial benefits of a more comfortable art building may not be immediately apparent, it could have the effect of drawing even more talented and creative students and faculty to UK.



BRAD STURGEON, THE KENTUCKY KERNEL

## LETTERSTOTHEEDITOR

### Water ruling disappointing

Thursday's 4-2 ruling in the Kentucky Supreme Court preventing the people of Lexington-Fayette County from voting on who should own the rights to their water system represents a tremendous blow to democracy in Kentucky. By stealing from Lexington citizens their right to vote, the Supreme Court has declared war on the very liberties that it has sworn to uphold. It is a sad day in our state when we have our rights denied us by their supposed protectors.

The various groups dedicated to ensuring local ownership of the water in Lexington remain steadfastly united in their opposition to the court's decision and have pledged to continue the fight to return water rights to Lexington residents through various efforts: Deciding whether a ballot initiative in the 2006 general election would be a worthy use of resources and moving forward from there; maintaining momentum throughout the coming year, regardless of what happens in the 2006 election; and electing to the city council candidates who support local ownership, local accountability and local jobs within the water system.

We hold in our hands the opportunity to affect a global problem: that of privatization of our natural resources. We can't let it pass us by without a fight.

RICHARD BECKER  
political science and history freshman  
UK Water Democracy Project president

### Law should cover 'moral issues'

After reading Ryan Lawson's Oct. 11 letter to the editor, "Kernel poll results disconcerting," I could not help but laugh at a few "points" he made.

"Our laws should not impose the morality of some (even if it is the majority) on all others," Lawson says. That's what laws do. Laws impose what the majority of people in control think is right.

Slavery was a "moral issue" that tore this country apart. Should slaveholders have been allowed to make their own decisions to have slaves or not to have slaves based on their own morality? In fact, abolitionists use the same arguments that slaveholders made when they declared slaves to be property and not human. Another group that chose to do this was the Nazis. Why feel guilty about killing Jews if Jews aren't really people? Why feel guilty about killing helpless babies if, as abortion proponents argue, fetuses are not really people?

"What if the government decided to make abortion mandatory in certain cases?" This doesn't matter in the concept of personal choice. The issue isn't whether the government should forcibly kill children; it's whether or not people should have their own ability to kill children.

Americans like Lawson are the scourge of a moral society.

ety. If the mother were shot in the stomach before the fetus was viable, people like him would probably charge the criminal with murder of two people. However, if the mother chooses to murder the child, they would say it's her choice. Lawson argues that "making abortion illegal will not stop it from happening." Murder doesn't stop because of laws, nor do theft, underage drinking, marijuana usage, rape and incest. Law cannot deter people who are determined to do what they want at any cost, but it can punish them and protect society from their stupid actions.

J.D. THOMAS  
philosophy freshman

### The unborn are human, too

Could we, just for a moment, set aside all religious beliefs, all women's-rights views or any political parties that may fuel your strong feelings about abortion? Let's just focus on the facts at hand that any doctor could medically provide evidence on and prove.

Once a woman becomes pregnant, the baby rapidly and continuously develops its major organs, including its heart. Within months the baby's heart begins to form, and a heartbeat begins. Now place your hand over your heart. Do you feel your heart pumping? Are you not alive? Yes, you are. Because your heart is pumping strong, a medical doctor would pronounce you alive. If it stopped, then you would be pronounced dead, no longer living, nonexistent.

Thus we can conclude that, medically when your heart and other organs are functioning normally, you are a living human being, whether you are lying in a bed, sitting on a couch or a baby growing in a mother's womb. Unborn babies are still just what we call them — "babies" — alive, but not yet born. We must form laws that protect our children once they have been conceived.

I recently read that many couples opt for an abortion for their own convenience because they are poor and don't have the finances to pay for medical attention, child care or contraceptives. Well, here's a big shocker for you: Condoms are about \$3 a pack and are highly effective.

We should invest money to raise awareness on how to prevent this massive problem of unwanted pregnancies rather than disposing of human lives because of it. So any man or a woman who has the money to buy a \$3 pack of cigarettes, soda or beer can afford to buy condoms every time he or she feels the need to have sex.

Stop making excuses. If you really want to control unwanted babies, then hit your nearest Wal-Mart or corner store, bypass the six-pack of beer and Cheetos, and buy some condoms. Not only will you protect your life, but also that of another innocent, helpless baby.

DOMINA BAYYAN  
English senior





# Volleyball overcomes Gator bite to bump Georgia

By Chris DeLott  
THE KENTUCKY KERNEL

As their team struggled to hold off a spirited Georgia rally, UK's three volleyball senior front line players knew they had to step up. They did.

Middle blocker Amy Kaplan registered seven kills, outside hitter Danielle Wallace had four kills and four digs and setter Leigh Marcum recorded 15 assists to help the Wildcats escape the final game and come away with a 3-1 (30-18, 30-20, 26-30, 30-28) victory over the visiting Bulldogs.

"We want to take the game in our control," Wallace said. "It's part of being seniors. We've won a lot of close games with Leigh, Amy and me on the front line."

The win earned UK (12-6, 5-3 SEC) a weekend split after they were swept by No. 5 Florida on Friday. The players were pleased with how they responded following a disappointing performance on Friday.

"We thought we should have played much better on Friday," Kaplan said. "So it was important to respond like we did today."

Wallace agreed, noting that this victory completed a season sweep of the Bulldogs (7-10, 2-5).

"It's a huge win, especially after Friday," she said. "It was also funny to prove that it wasn't a fluke that we swept them down there."

This was the first UK season sweep of Georgia since 2001.

After a start on Friday described by Wallace as "flat," the Wildcats did just the opposite against Georgia, opening up a 23-9 advantage in game one and finishing a 30-18 victory with two Wallace kills and an ace by junior libero Jenni Casper. UK then finished game two on an 8-2 run for 2-0 advantage.

Georgia came out of the intermission with crisp play en route to a 26-30 win, forcing game four. The two squads battled evenly, with neither team gaining more than a three-point advantage, before Wallace broke a 28-28 tie with a kill and Kaplan followed with a game-winner off a set from Marcum.

Head coach Craig Skinner was proud of the way his team responded in the deciding game.

"It was a big win for us to persevere," Skinner said. "We earned that win today. I'm very proud of our players."

After stellar play by the defense last weekend, the front line distributed solid play evenly yesterday as four players reached double digits in kills. Kaplan had 17, Wallace finished with 16, and freshmen out-

side hitter Ashlee Fisher and Queen Nzenwa recorded 15 and 14 kills respectively. Skinner said the defense played a role in setting up those kills.

"Our ball control was very good," he said. "It was right on Lee's head all day and gave (the front line) a chance."

Halfway through conference play, UK has its best record after eight matches since 1998. Skinner, in his first season, is proud of what the team has accomplished thus far.

"We feel good about where we are," he said. "The players are doing a great job."

Athletic Director Mitch Barnhart, in attendance at Sunday's match, feels the coach is doing a great job as well.

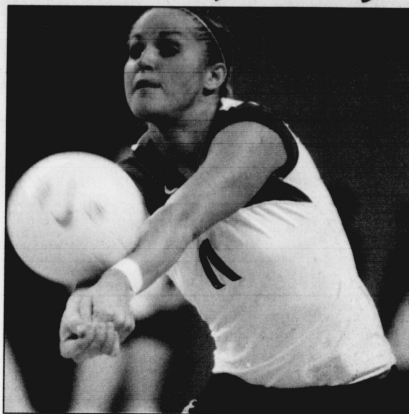
"He's done a heck of a job," Barnhart said. "There are some returning players who are pretty good, and he brought in some players who have been helpful."

He's created an expectation level with that team that winning is the right thing and losing is unacceptable.

After the match, the players were already pointing toward next weekend's road trip to SEC Eastern division rivals Tennessee and South Carolina.

**"He's created an expectation level ... that winning is the right thing and losing is unacceptable."**

Mitch Barnhart  
Athletic Director of  
volleyball coach Craig Skinner



CHRIS REYNOLDS | STAFF  
Freshman defensive specialist Alisa Pierce bumps to her setter during UK's 3-0 loss to No. 5 Florida Friday. UK bounced back Sunday to beat Georgia 3-1 and stay tied for fourth in the SEC.

"I'm really excited to play Tennessee," Wallace said. "South Carolina has a really good team as well. Those teams are both pretty good."

UK dropped one game behind Arkansas and Alabama, who are

tied for second place at 6-2. UK, Tennessee and Louisiana State are in a three-way tie for fourth place at 5-3.

E-mail  
cdelott@kykernel.com

# Tennessee hands Cats first home loss with late score

By Ryan Wood  
THE KENTUCKY KERNEL

With just over 12 minutes left in the game, it looked like the Cats would be heading to yet another overtime.

Then disaster struck. Tennessee scored their second goal of the contest on an empty net after goalie Anne Ogundele stepped up in an attempt to make a stop.

"They were able to find their free person in the gap and step through," Head Coach Warren Lipka said. "(It's) the first time that's happened to us this year ... we were slow to step up and pressure."

Even though UK (6-3, 7, 2-3-3 Southeastern Conference) out shot Tennessee (7-5, they would not answer the Lady Vols' second half score.

It was the first home loss of the season for the Cats.

"We can't get down," Lipka said of the loss. "We can be disappointed that we didn't get the result we wanted but we have plenty of soccer left to play."

Sunday's match was the second SEC home game of the weekend for UK.

Friday night the Georgia Bulldogs (10-4-2, 4-3-1) came into town and tied UK 0-0 in a defensive battle that featured five saves for Ogundele.

"Anne has finally come into her own being our goal keeper," Lipka said.

Time was ticking away in the first half of play, with the Lady Vols up 1-0.

After a save by Ogundele, the Cats had a breakaway opportunity toward the UT goal.

After one touch pass from freshmen midfielder Rachel Ulrich, fellow freshmen Kristin Kover was able to knock in the tying score during the 41st minute. It was Kover's first collegiate goal and Ulrich was credited with the assist.

"Rachel had a good battle in the center of the field," Kover said. "Luckily she got behind their defensive line and I had the easy part of finishing it by getting it past the keeper."

Friday night's draw ties an NCAA record for ties in a season (seven) for the Cats.

UK also set another school record in the match with their eighth overtime game in a season. Also in action Friday, Ten-

nessee lost to Vanderbilt, whom the Cats will face in Nashville later this season.

Next Friday is the last home game of the season for UK when they will welcome Mississippi to the UK Soccer Complex at 5 p.m. for senior night before traveling to Mississippi State on Sunday for a 1 p.m. contest.

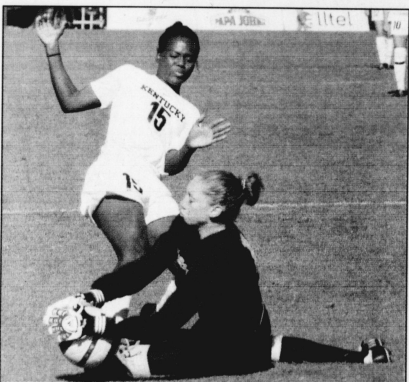
Already poised to compete in next month's SEC tournament, the Cats also hope to make it to their first NCAA tournament since 2002.

"This is a good team," Lipka said. "We do a lot of good things; it's just that final ingredient is not quite there yet and we need to find it in the next two weeks."

The highlight of yesterday's match, Kover couldn't agree more.

"We're normally solid on D," she said. "Teams have just been capitalizing on the one or two mistakes we have made."

"It's just one of those things that happens in the game of soccer. We just have to make sure we keep working hard (because) that's what we've been founded on this year; working hard and fighting."



ANDREW HUDGINS | STAFF  
Sophomore forward Megan Jones has her shot attempt stopped by the Tennessee goalkeeper. UK lost its first home game of the season 2-1 to drop to 5-3-7.

E-mail  
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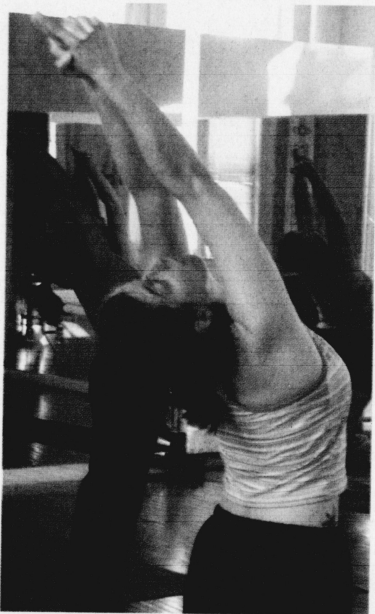
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# PAMPER YOURSELF

## the ultimate guide to relaxation during midterms



## Guys Just Wanna Have Fun

By: Bennie Mills

The midterms are coming! The midterms are coming! It's getting to be about that time for early mornings, Starbucks coffee and various meetings at Club William T. Young. Why? We are going to endure a full week of teachers giving out tests, which will decide our academic fates for this semester. Midterms are a time for students to reflect upon the information they have learned half way through the semester, while growing a few grey hairs on the side. However, every dark cloud has its silver lining. As much stress as midterm week imposes on the human psyche, there's nothing like the feeling of bliss that follows, almost like endorphins running through the body after a hard work-out.

Once midterm week is over, it's time for a little relaxation. What do you do? Well, women you have a plethora of options for pampering yourselves. You can get nails done, hair done, clothes shopping etc. But it is a wonder, what exactly do guys do for fun? No wonder women live longer than men, even in leisure activities men seem to be "ripping and running" around. Well here are a few ideas to show what guys can do to treat themselves.

Video-games (this is my favorite) have become the cornerstone of every college male's way of life. Your parents may cut you off, your teachers may despise you, your girlfriend may leave you, but your Playstation, Xbox, Gamecube or Gameboy will always be waiting to welcome you home with open arms. They never talk back or complain, just provide you with therapy that no doctor can ever give. Games like Madden, NCAA, Incredible Hulk, X-Men Legends and Final Fantasy are just the medicine one needs after all the studying you'll do for midterms. If you're bored with the games you have, let's get to EB games and purchase another immediately to start your midterm healing. Play two hours, eat plenty of wings and call me in the morning.

There are only so many hours of playing videogames a person can take before they'll become light sensitive. But what do we do to relax besides play video games?

Well guys, pool is another brilliantly easy way to relax. In fact, relaxation is only a hop, skip and a jump away as the Cat's Den is located right on campus. And periodically they will hold pool tournaments. There is nothing like a little friendly, yet competitive game of pool to take your mind off school. Maybe you and your friends can take it down to the pool hall, grab a drink (non-alcoholic, of course) and discuss how bad midterms went for you. The loser has to buy the next videogame!!

Shopping is a term that has been synonymous with female leisure. This is not totally true. Of course, most guys have an idea of what they want to buy, go in and get it. This holds true with most items they purchase, except electronics. Think of it guys, after that hard week of midterms, you get in your car and go to Best Buy or Walmart to purchase that new TV or sound system. What about rewarding yourself for a job well done during midterms with a new addition to your entertainment system. Girls can have the clothes. This is as good as any other way to "pamper yourselves" guys. An entertainment system is more than an item to enjoy movies and cable on. It adds a nice complement to your videogaming system.

Where do we go from here? We are going to start saving what pocket change we have between now and the end of midterm week. If all goes as planned, we will have the funds we need to properly celebrate the rise or downfall of our semester as we know it. Of course, we're hoping to celebrate the rise of our semester. With that said, let's take these few days before midterms to focus on passing our tests, then we'll focus on un-focusing.

FOR	<b>PR COORDINATORS</b>	BY
	DUSTYN BOWMAN	
	JEFF BURSON	
UK	<b>DESIGN</b>	UK
	CHRIS DREXLER	
STUDENTS	<b>WRITING/RECRUITING</b>	STUDENTS
	JODI DICKEY	
	<b>PROMOTIONS</b>	
	BENNIE MILLS	
	<b>A PR SUPPLEMENT TO THE KENTUCKY KERNEL</b>	

# Choose Pampering: A Stress-free Decision

By: Jodi Dickey

The start of a new semester inevitably causes stress. Sports practices, making new friends, getting lost on campus and trying to find a meal with a vitamin or two can all wreak havoc on your body.

College success requires more than a great social life to relieve the stresses from the new experiences.

In fact, tight or stressed muscles could cause grumpiness and adversely affect your personality. You might suddenly change from a social butterfly to an annoyingly hateful hornet.

However, one should not worry. It is possible to work out that tension in your wings and get back into flight with no need to compromise your personality ... massage can be a metamorphosis.

At Posh Salon, there are choices for everyone.

"We cater to all ages with a wide variety of pampering," said Elisa

Pyles, salon coordinator. "Our goal is to make each individual feel special."

For the more traditional type, there is the Swedish massage. This is a commonly known type of massage that uses classic techniques for relaxation of all major muscle groups, helping to ease the body and mind of daily stresses.

The sports massage can alleviate muscle tension from the most serious types of physical exercise. It not only rejuvenates but also helps maintain optimum athletic potential.

For hard-core massage needs, Posh offers the deep tissue massage. Typically this is best for those who have experience with massage and prefer a lot of pressure.

The reflexology for feet can help those grounded by stress and tension. Reflexology uses points in the feet and hands to reach nerves connected to problem areas in your

body.

Aromatherapy can whisk you from campus to a far away place through the use of natural scented oils and extracts. This massage has benefits for both the inside and outside.

You can reach your earthly self with a stone therapy massage. The use of warm stones contributes to relaxation by stimulating blood flow. With specific placement of the stones, sinus congestion can even be improved.

Try to remember that the stress of college is not immutable.

"I've been going to Posh since they opened," says Katy Bennett, program relations officer of the Robinson Scholars Program, "and it's the place where you never leave unhappy."

So, if you're in need of wing repair, fly to Posh Salon for some extra special treatment.



Chris Dreier / Staff  
Kristina Switzer, a massage therapist at Posh Salon, eases one of her client's stress during a session.

# Aromatherapy for Wellness this Winter

By: Tomoe Sasaki

Now that the fall and winter seasons have come, there is a higher possibility to catch the flu or a cold while enjoying beautiful autumn leaves and tasty hot chocolates. UK students at the turning point of this semester may feel restless, stressful and even sleepless. Aromatherapy, however, can soothe the everyday lives of UK students and enhance their wellness this winter.

"Aromatherapy can be defined as the art and science of utilizing naturally extracted aromatic essences from plants to balance, harmonize and promote the health of body, mind and spirit," according to National Association for Holistic Aromatherapy. "With origins dating back 5,000 years, aromatherapy is truly one of the oldest methods of holistic healing," according to [www.worldofaromatherapy.com](http://www.worldofaromatherapy.com).

Aromatherapy is classified as an emotion-based, medical and skincare benefit. The four methods used to apply aromatherapy's essential oils are inhalations, compressions, baths and massage, NAHA states.

"Essential oils are highly concentrated aromatic extracts which are distilled from a variety of aromatic plant material," according to NAHA.

They should be mixed with bath water or an unscented massage oil to achieve the full effect, according to Sharon Ogden, an employee at Wild Oats in Lexington Green. They shouldn't be applied directly to the skin.

Aromatherapy has recently become popular in American culture as a holistic lifestyle.

"I think most people really like it. I mean they use it for stress-relief," said Ogden "A lot of different people get it. Probably more women than men but we sell a lot to everybody."

The top three best sellers at Wild Oats are lavender, eucalyptus and peppermint. Ogden suggested these three oils are also good for cold and flu. Eucalyptus helps the respiratory system, and Lavender and peppermint can relieve headaches.

Origins is a company studying aromatherapy and

believing in healing a body from the inside out.

"It has a holistic approach, so they want to use all senses," said Heather Baykin, an employee at the Origins' store in Macy's on Nicholasville Road. All of Origins' products are as natural as possible and made of only pure essential oils.

Some aromatherapy products offered by Origins are: Peace of Mind, made of basil, peppermint and eucalyptus; Sleep, made of Roman chamomile and English lavender; and Calm to Your Senses, made of lavender and vanilla.

Baykin recommended something special for UK students. "One of our products is especially for life around final's time. It's Peace of Mind on-the-spot relief treatment. You can put it on pressure points," Baykin said. "It's supposed to bring energy and relax you at the same time. It's only \$10. So, it's definitely a college person's product."

# Can the Caffeine

By: Jodi Dickey

Moving to a large campus like UK can be a dramatic change for many students. With changes in lifestyle, daily habits and social networks, students can easily get overwhelmed with responsibilities.

There are many ways students try to deal with these changes. By looking around campus this time of year, the sleepy, bloodshot eyes and the frequent sound of another empty Starbucks cup hitting the trash can may show that students sometimes choose the wrong ways to cope with college stress.

If you are one of those people spending large sums of money on caffeine, you are not alone. If you are one of those people who feel overwhelmed and frazzled for midterms, you are also not alone.

"Stress comes when school piles up," said Vanessa Moseley, a moderate to severe disability special education junior, "when teachers think their class is the only one."

Take a deep breath. There are facilities on campus that can help you deal with stress, hook you up with others in a similar situation and guide you to resources for the future.

Some of the most basic ways to combat stress are maintaining a regular and sufficient sleep schedule, maintaining a healthy diet, keeping yourself organized with an easy-to-carry planner, and opening up your schedule for some recreational time, according to Mary Bolin-Reece, Ph.D. and director of the UK Counseling & Testing Center. Exams are inevitable in a student's life but with good planning they do not have to wreak havoc on your body. Keeping up with the regular class work is the best way to handle this type of stress.

"Learning is cumulative. Even if an exam is not listed as "cumulative" the concepts build upon one another," said Bolin-Reece. "It's important to attend classes, take good notes, and review them soon afterward to

clarify any confusing abbreviations or gaps."

According to Bolin-Reece, one of the biggest mistakes students make during stressful times, besides using alcohol or other substances, is isolating oneself through computer or television use. Spending time with other people can be a big stress reliever and help prevent loneliness.

The Counseling and Testing Center located in Frazier Hall offers a variety of services to any UK or LCC student taking at least six credit hours. Students can inquire about services or make an appointment by calling 257-8701.

According to Bolin-Reece, other resources include The Relaxation and Stress Reduction Workbook and Student Mental Health, a part of the University Health Service, located at the Kentucky Clinic.

Before you finish off that cup of coffee, consider your options in better time and stress management.

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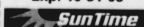


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# Stress: Move it to Lose it

By: Jeff Burson

Most people believe that when stress overload occurs, the only way to fight it is by relaxing but being more active is an equally efficient solution to stress-reduction. Yes that's right. The best way to de-stress might be just the opposite of what you'd think.

The therapeutic benefits of regular exercise are well-documented. Studies show that it increases health and general well-being. It's been said that if exercise were a drug, it would be the most powerful medication on earth. However, it still seems difficult to get people to workout on a regular basis.

When life gets hectic, it's generally the first



Chile Drexler / Staff  
The Bernard M. Johnson Center offers a wide range of exercise classes and equipment to UK and SCCC students.

thing that gets crossed off the "to do" list. In reality, it should be the last. It's normal to tell people that they should consult a physician before beginning an exercise program. Based on the scientific evidence, it may be more appropriate to consult a physician before parking yourself on the couch for an evening alone with the television.

"Often, my clients say they are too stressed to find time to work out. However, the fact is, they are probably too stressed not to work out," says Erica Nemers, a triathlete and fitness trainer.

"Exercise releases hormones into the body that allow people to bring balance into their lives and focus better on everything they do."

There's no doubt that physical exercise has a positive effect on stress and can calm the mind and relax the body.

Exercise relaxes you by releasing endorphins, which are the body's "feel-good hormones."

Different environments can cause stress: work, home, traffic, etc. For example, if you work on your feet all day you might benefit more from a stretching-based workout like yoga because you are constantly contracting your muscles.

But a person that sits in front of a computer all day might need more of a strength-based program to prevent muscle atrophy. The bottom line is that some type of exercise is almost always better than nothing. However, it is important to dedicate some time to working out.

After 20 minutes of exercise the brain starts releasing epinephrine and endorphins into the system, which lower tension and help stress stabilization. Yet, even five minutes of stretching and breathing can provide a calming effect that can last for hours.

After a long day, many people prefer to go home, eat and sleep. However, if stress starts creeping up on you, you now know one of the best, guaranteed ways to eliminate it. It's free, easy and available at all times. What could be better than that?

## Snack to Swallow Stress

By: Jeff Burson

After a stressful event many people are stuck with a choice. What should I do to calm down? Some decide to have a snack when this question comes to mind. However, what you eat or drink during times of stress could affect your emotions over the next few hours.

First, when picking something to eat there are definitely foods to avoid. An all-carbohydrate snack, especially one high in sugars, is less likely to help you sleep or calm down. You may set off the roller-coaster effect of plummeting blood sugar followed by the release of stress hormones that will keep you awake.

So to find a good snack that won't bother you and will help you to calm down, look for a key ingredient: calcium. MayoClinic.com says calcium helps the brain use chemicals to make melatonin, which induces sleep. The best "make-you-sleep" snack is one that has both complex carbohydrates and protein, and perhaps some calcium. Dairy products come to mind such as cottage cheese, milk and soy products. Seafood, meats, poultry, whole grains, rice, hummus, peanuts, eggs, sesame seeds and sunflower seeds are all excellent snack ideas when stressed.

If you love carbs, then look for medium to low protein in the product.

Examples of these snacks include apple pie and ice cream, whole-grain cereal with milk, hazelnuts and tofu, oatmeal and raisin cookies, a glass of milk or a peanut butter sandwich.

Dietitian Gretchen Jenkins said, "When people get stressed, they reach for the carbs to get a sugar high and escape that emotion for the moment. This never works, as we all know, because after you have started to come down from the initial rush, you are left feeling a little sick and sometimes depressed and guilty."

To avoid this feeling, she recommends sticking with healthy snacks. "People feel good about themselves when they eat healthy, so that can reduce stress immediately," she said.

When choosing a drink there is one key element to consider: caffeine. Staying away from caffeine will only help you lower stress.

If you know you are going to have a long day, time your caffeine intake. For most people, the effects of caffeine wear off within six hours.

So, the next time stress hits the body, and you decide to hit up the vending machine, take an extra second to think of which snacks could help you relax.

## On the Trails, Not the Books

By: Jodi Dickey

With semester projects becoming more intense and mid-term exams sitting on your desk, stress can bury the average person in a stack of deadlines and frustration.

Perhaps it's time to use your backpack to relieve stress rather than carry around that 50-pound history book. This time of year central Kentucky has a beautiful fall landscape, which can be found surprisingly close to UK.

There are several options within minutes of UK's campus for a leisurely day hike.

Raven Run Nature Sanctuary is located on Jacks Creek Road in Lexington and has over 10 miles of hiking trails through woodlands, meadows and creeks, according to the Lexington-Fayette Urban County Government's Parks and Recreation website.

Also near campus on South Point Drive is Veteran's Park with well-maintained trails, and a mile long paved path designed for people who cannot easily navigate dirt trails.

The Clyde E. Buckley's Wildlife Sanctuary Trust and Audubon Center is situated on 374 acres in Frankfort where hikers can stroll through the woods, meadows and around a pond.

For slightly more serious hikers, traveling to the Red River Gorge or the Natural Bridge State Park is more than worth the trip. Hikers can enjoy steep climbs and beautiful overlooks on approximately 26,000 acres located within the Daniel Boone State Park, according to redrivergorge.com.

But remember that even day hikes require preparation. A backpack and a good pair of hiking boots are a given.

"Always take plenty of water, always familiarize yourself with a map before you leave, and always tell someone where you plan to be hiking and when you plan to return," said Nathan Valentine, a backpacking enthusiast and UK alumnus. "Don't be the doofus that has to saw off his own arm because he fell down a ravine and didn't tell anyone where

he was going."

With proper preparations and an interest in the natural landscape of central Kentucky, a day hike can help to relieve the stress of any mid-term worn student.

"Just start walking and try not to think," said Winston Wood, a foreign language and international economics senior. "Let your feet take you through the trails."

Raven Run Nature Sanctuary (859) 272-6105

Veteran's Park (859) 288-2900

Clyde E. Buckley's Wildlife Sanctuary (859) 873-5711

Red River Gorge (606) 663-2852

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# Yoga: Total Body Relaxation System

By: Jodi Dickey

Vinyasa, Kripalu, Ashtanga, Mysore and Hot. What? You don't understand?

No, these words are not something you missed when you skipped biology class. They are all forms of yoga.

According to Cindy Hutchison, co-owner of The Massage Center and director of the Yoga Studio, yoga is an ancient system of health, fitness and spirituality based on philosophical and spiritual practices in India. However, in the U.S., there is a heavier focus on the physical aspect.

The word "yoga" means to unite in harmony, but to many, yoga means unwinding. This is achieved by using stretching, balancing and breathing techniques through various poses.

There are several types and levels of yoga classes available, according to [www.messagecenter.org](http://www.messagecenter.org).

Vinyasa is a style for those who are ready to deepen and strengthen their yoga practice. This type uses backbends, inversions and arm balancing techniques.

Kripalu is a way to enhance the whole human experience of mind, body and spirit through compassion. It's a way to "make friends" with your mind and helps you apply this to your everyday life.

Ashtanga is a style that emphasizes "breath-synchronized movement" through poses aimed at warming the body for more effective stretching and achievement of inner peace.

Mysore is a style from Mysore, South India where

students of all levels work at the same time, at their own level, and receive individual guidance.

Hot yoga is a complete yoga routine in a specially heated environment of 100 degrees or higher. This releases toxins through perspiration and increases flexibility. Towel, mat and water bottle required.



Chris Deater | Staff  
Yoga session at The Massage Center's  
Yoga Studio.

If you still are wondering if better attendance in biology class would help you better understand this article, perhaps the yoga basics classes are a good place to start. These classes are for students who desire a slower pace as they practice the basic universal yoga techniques.

"Each level of yoga appeals to a different personality," said Hutchison.

She recommends a short evaluation prior to beginning classes in order to make the perfect match of personality and yoga style. Practicing yoga at home is also acceptable if that is more comfortable for the individual. However, because proper posture and pose is essential, she recommends attending class about two

times per week.

"It's best to work with a teacher periodically because physical alignment is very important," she said.

So how does all this help a UK student?

"Yoga is an excellent way to gain balance and strength," said Hutchison. "And to become more aware of oneself and to reach a greater potential."

## YEAR-ROUND TAN; YEAR-ROUND GOOD MOOD

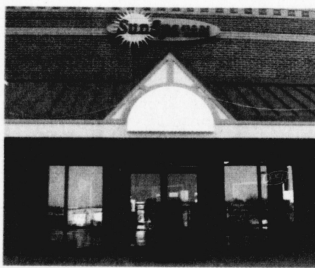
by: Kate Bunnell

Have you ever considered taking a 20-minute break at the tanning bed to ease your pressure-filled life? Phototherapy, a treatment through tanning booths, has been publicized to decrease stress and elevate moods. According to the National Mental Health Association, phototherapy is implemented with the interaction of bright light and the brain to suppress secretion of melatonin, a sleep-related hormone produced at increased levels of darkness.

It is obvious how positive people are during sunny days. Professors are happier, roommates are easier to live with; life is plainly more optimistic.

Then winter hits, along with exams, and attitudes plummet. On cold days it can be a struggle to get out of your warm, cozy bed or difficult to motivate yourself to trudge through snow to go to class. These examples, familiar to students, can be mild conditions of winter depression.

Seasonal Affective Disorder is a mood disorder associated with depression episodes and related to seasonal variations of light. Research has been linked, but not proven, to show that using tanning beds in a safe, restricted manner may help decrease the symptoms of depression and stress.



Sun Spa Tan is located at 373 Virginia Ave. just past Royal Lexington Apartments.

"There are just as many doctors who advocate using tanning beds as there are who oppose to them," said Patrick Hill, a communications junior and SunTan City employee.

The key to safe tanning is tanning as directed. Protecting your eyes is important. SunSpa Tan and Body on Virginia Avenue has embraced the idea of tanning to elevate your mood and protect your eyes through special eye shields. This product, called SuperSunnies by iGear, is the first translucent eye shield to promote phototherapy while tanning.

The combination of light and the color of the shield influence your mood. There are four colors to choose from and each focuses on a different therapeutic experience:

- Red: energy, actions, strength, and power
- Blue: coolness, communication, and knowledge
- Green: calming, promotes balance and health
- Purple: passion, enlightenment, and revelation.

Megan Morris, a marketing junior and SunSpa employee attributes her positive attitude after tanning to phototherapy. Short time exposures allow just enough time for her to safely tan and relax.

Even if you do not suffer from any type of depression, tanning offers other benefits.

Jen Sidun, a physical therapy sophomore enjoys tanning because she "likes having a year-round summer glow."

Another benefit for some is sleep. As we all know, students can never get enough. Bobby Corey, a finance and communications senior, uses the tanning bed as an excuse to "catch up on sleep missed from the week-ends."

So whether you use the tanning bed to relax, sleep, or enhance your tan, know that you are also relieving stress and elevating your mood. Having a year-round tan is important to some but having a year-round positive attitude should be important to everyone.

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