



Science/ exploration

Benjamin Banneker (1731-1806)

Mathematician and astronomer. Made the first clock in the New World in 1791. Helped to survey the District of Columbia.

Willa Brown (1902-1992)

She was the first black woman to hold a commercial pilot's license and to gain officer rank in the Civil Air Patrol Squadron.

Ronald E. McNair (1950-1986)

Physicist and astronaut. He lost his life aboard the space shuttle Challenger in 1986 when the shuttle exploded shortly after take off.

Jean Baptiste Pointe DuSable (1745-1818)

In 1790 he established the first permanent settlement in an area which was later to become Chicago.

Daniel Hale Williams (1856-1931)

In 1893 he performed the world's first successful open-heart surgery without the use of anesthesia. He was a founder of the National Medical Association.

Music/arts

Langston Hughes (1902-1967)

Poet, novelist, playwright and journalist. His novels include *Not Without Laughter*, *The Big Sea*, and *I Wonder as I Wander*, his autobiography. He also published many volumes of poetry and edited several anthologies in an attempt to popularize the work of African American authors.

SOURCE: <http://www.health.org/mlk/mlk98/bio.htm> #civill

Compiled by Samantha Essid and Ron Norton

THE 411

Tomorrow's weather



32 26
Hi Lo
Cold, wet, fun.

Kentucky Kernel

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News tips?
Call: 257-1915 or write: kernel@pop.uky.edu

TUESDAY KENTUCKY KERNEL

February 1, 2000

Health and fitness issue
Find out what you can do to stay in shape
IB SECTION

<http://www.kykernel.com>

SUPERHIGHWAY TOLL

Dorm residents must pay for ethernet cards

No more freebies: Students who don't already have the Internet in their dorm missed out on free ethernet cards

STAFF REPORT

Students wanting to log on to the Internet from their dorm rooms must now pay around \$18 for an Ethernet card that provides access to the Web.

When the Ethernet cards were first distributed last year, they were issued at no cost to students, thanks to President Charles Wethington, whose office footed the bill.

Penny Cox, vice president of Information Systems, said that Wethington paid for the cards in their initial stage as a means of prompting their usage.

Cox also stated that it was made clear by Wethington that after the fall '99 semester, students wanting an Ethernet card would have to pay for it themselves.

Donna Back, ResNet technical support coordinator, feels that the benefits of owning an Ethernet card outweigh the \$18 charge.

"The convenience for students of being able to access their e-mail and the Internet is an incentive to get the card," Back said.

The \$18 price tag of the Ethernet cards has been met with discontent and

confusion by at least one student.

"I don't have a computer in my dorm room yet, but now if I get one, I'll have to pay for the Internet," said Holly Hagg, a sociology junior. "I don't understand why they offered the service free for a whole semester and now it's going to cost us," she added.

However, not all students feel that the new fees will stifle Internet access.

"Internet in the dorms is a good idea, but we have a multi-million-dollar library with Internet access twenty-four hours a day," said George Greenwell, a communications senior. "Because of that, Internet access should not be a big issue."

Ethernet cards are available at the UK Computer Store and at other comput-

The 411

Hook it up
To get ethernet cards, students can purchase them on campus at:

The UK Computer Store
Peterson Service Building, Room 128.
S. Limestone, next to parking garage.
PC - \$18-\$19
Laptops - \$70
Macs - \$42

er stores. Students can use their Plus Accounts at the UK Computer Store to pay for the cards.



NICK TOWCEK / KERNEL STAFF

Staying healthy

Holly Hall and Cynthia Lee, seniors in Alpha Kappa Alpha social sorority, handed out apples yesterday at the kick-off event for their Healthy Weight Week. The sorority will be holding various events throughout the week aimed at providing students with information about such issues as nutrition and weight awareness. The next event will be free aerobics classes this evening at 7 p.m. in Complex Commons 207.

CONSUMER ILLS

Event exposes con artists' tricks

By Jill Gorin
NEWS EDITOR

College students get scammed on everything from buying clothes online to getting scholarship money, and now there's a chance to find out who scams us and how they do it.

Chuck Whitlock, investigative reporter and author, is coming to Lexington for ScamJam 2000, an event to kick-off "National Consumer Protection Week" Feb. 13-19, and tell us about all of the new scam artists out.

Charlotte Cannon, of Richmond, went to ScamJam last year and was amazed at what she found.

"I thought it was very informative," she said. "He brings that awareness out in us."

Awareness is something that college students especially need to have, said Corey Bellamy, spokesperson for the Attorney General's office.

"We encourage students to be aware of who they're dealing with," he said, "and not give out personal information such as a social security number, date of birth or your mother's maiden name, because they could get a checking account or credit card in your name."

Students who buy things on-

line should also beware because some Internet sources are not legit. "Only deal with individuals and businesses that are reputable," Bellamy said.

One recent scandal took place in southern Ohio. Some college students had booked rooms in Florida for spring break. Only when they had a change of plans and called to cancel their rooms were they told about a \$25 processing fee.

As spring break approaches, Bellamy said, students should be extra careful when dealing with strangers to get bookings.

"It's good just to deal with reputable travel agencies," he said.

Many students might not realize a scam when they see it. Take the "credit card insurance" some credit card companies call "mandatory."

The consumer protection division of the attorney general's office in Kentucky said some companies charge consumers \$189 - \$199 on their major credit cards for "protection."

The companies claim Kentucky law requires cardholders to carry the insurance, when, in fact, federal law protects consumers whose cards are stolen so long as they report the theft.

Many people also don't know con-artists can issue drafts on bank accounts and withdraw money — without a signature.

Some students have been led to believe that their bad credit history can be erased. But companies claiming to erase bad credit history are ripping you off. It cannot be done.

This year's ScamJam centers around "arm chair armor" shopping safely from home. Whitlock will be talking about some scams on the Internet as well as those "fake" scams he has developed himself, and used on unsuspecting people, just to show them they are being tricked.

Overall, just be careful out there.

"If it sounds too good to be true," Bellamy said, "then it probably is."

Protect yourself

ScamJam 2000

Feb. 11
Kentucky Horse Center
on Paris Pike
Doors open at noon for the 12:45 p.m. program
Whitlock and panel of experts will have a Q&A period at the end of the program.

BLACK HISTORY MONTH

Freedom fighter takes UK stage

One time only: Excerpts from Frederick Douglass' life tell story of great statesman

By Nikole Wolfe
CONTRIBUTING WRITER

Any student who has ever wanted an intimate look into the life experiences of one of the nation's most influential people will soon get their chance.

In honor of Black History Month, the LCC Office of Multi-Cultural Affairs and the Martin Luther King, Jr. Cultural Center are presenting a one-man play detailing the life of statesman Frederick Douglass.

"Young Mr. Douglass" examines the life and influence of the statesman in a 45-minute dramatic presentation, with two question and answer periods.

The play gives an in-depth look at three famous scenes from Douglass' life that also had an important impact on American history. The scenes portray his escape from slavery, his famous meeting with William Lloyd Garrison and his trip to Europe after the release of his autobiography.

Charles Pace, assistant professor of anthropology and American studies at Centre College, presents Douglass as a humanitarian.

Pace has been presenting

public humanities programs to national audiences for over 20 years and has received critical acclaim for his roles.

He hopes his performance will encourage people to ask questions and desire to know more about the life of Douglass.

"I hope that every person will take something different away from it," said Tony Hartsfield, director of LCC Multi-Cultural Affairs.

Freddie Brown, the director of YMCA Black Achievers, has had the opportunity to see Pace perform before and feels the play will be insightful to students.

Pace does an excellent job of presenting his characters in a real and interesting way, said Brown.

"Mr. Pace gives a good idea of the mindset at the time Mr. Douglass was alive."

Showtime

"Young Mr. Douglass"

4 p.m. on Tuesday, Feb. 8
Student Center Theater
Admission is free.

LIFESTYLES

Married life offers students support

Millinda Rumble
CONTRIBUTING WRITER

Being single has its perks. So does being married.

Sometimes it seems the non-committed are more worried about the wait for the pizza deliveryman than becoming romantically involved with a serious relationship. However, married students see such relationships as a definite advantage in their lifestyles.

Chrystyanna Tarvin, a first-year pharmacy student, believes her husband helps make school less stressful. Not only did he support her decision to go back to school, but he also supports her hectic academic schedule.

"I think it is easier," Tarvin said. "In pharmacy school we have a block of tests together. During this time he does laundry and runs errands. He is also supportive and helps motivate me to study."

Amanda Refitt, a communication disorder senior, and her husband Nathan, a physical therapy graduate student, decided to get married earlier than first planned. The couple originally planned to marry this summer, but married last summer instead.

"We were both graduating. I will be starting graduate school and we will be moving," Amanda said. "I thought it would be easier to plan the wedding during my junior year."

Amanda said. "The Refitts think marriage offers a sense of tolerance when it comes to schoolwork."

"When you are married, you know you have someone who will understand," Nathan said. "Many other students have different views on being married while still in college."

"I think if you love each other, you can wait," said Rachel

See MARRIED on A2

GOOD OL' ROCKY TOP

Cats will take on 'toughest test'

Revenge: UK is out to beat the Vols tonight after dropping both matchups last season

By Matt Ellison
SENIOR STAFF WRITER

Not since the great shame of UK's probation has Tennessee entered a contest with the Wildcats as the higher-ranked team.

But that's exactly the situation tonight as the Vols pay a visit to Rupp Arena for the first of what will probably be two epic battles for first place in the Eastern Division of the Southeastern Conference. No. 9 Tennessee enters the game confident, talented and loaded with depth.

Their confidence is at an all-time high following last week's 105-76 destruction of No. 4 Auburn. Their talent features several potential NBA draft choices, including sophomore Vincent Yarbrough, of whom South Carolina coach Eddie Fogler said was good enough to play in the NBA right now. And their depth is substantial, with 11 players in UT coach Jerry Green's rotation.

"It's our toughest test yet," UK coach Tubby Smith said of tonight's game. "They've been through the wars together, and they know what it takes to win in this league."

Lately, Tennessee has been doing a lot of winning, with their only two losses coming against No. 25 Vanderbilt and No. 16 Tulsa earlier in the season. A win tonight would match the best start in the school's history, set back in 1941-1942. And the player who's been the catalyst for this surge is Yarbrough, the 6-foot-7 swingman who was coveted very badly by UK out of high school in Cleveland, Tenn. Yarbrough leads the Vols in points (23.3 per game) and steals (2.1 per game) and is second in rebounding, blocked shots and assists.

"He's just good," Smith said. "He's very talented, and he's raised his level of play. He has an all-around game that makes him tough to defend."

Once just a slasher, Yarbrough now has the ability to beat his man in a number of ways.

"He's a little tougher to guard than last year because he's shooting well outside, taking it to the hole and pulling up for the 15-foot jumper," Green said. "He's gotten a lot better because he's improved his weaknesses so much."

Of course, Yarbrough's just one of several players capable of burning the opposition. Junior guard Tony Harris ranks first in the SEC in three-point field goal percentage at 43.9 percent. Junior forward Isaiah Victor is shooting 53 percent from the field and leading the team in rebounding. And senior center C.J. Black is back to his familiar ways, mixing it up inside and leading the team in blocked shots.

"In Tony Harris, you have a veteran point guard who knows how to run things," Smith said of the Vols. "They've got solid veteran players inside in C.J. Black and Isaiah Victor. We've got to play one of our best games in order to have a chance."

UK comes into tonight's contest with only one day of preparation, fresh off a 68-57 win at Miami (Fla.). Smith was disappointed in the way his team allowed the Canes to come back after being down by 11 in the second half.

"That's what we get for coming out like that," said sophomore forward Jules Camara. "We went into the locker room thinking we had won the game already."

Because of the second-half battle, Smith added, the team is a little fatigued, which is also due to the recent road trips and tough, physical games.

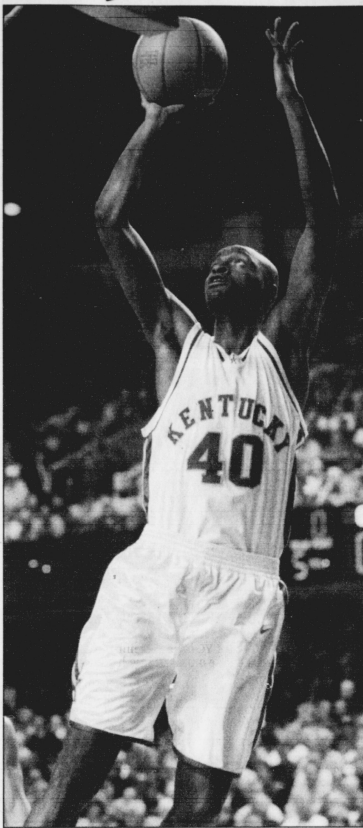
"Kids have a tendency to wear down when you're on the road," Smith said. "I'm even tired. When I'm tired, I know they're tired."

Kentucky vs. Tennessee

Tonight, 9 p.m.
Rupp Arena

UK (19-5)
T (18-2)

Series record: UK leads 126-60



JAMES CRISP | KERNEL STAFF

No bull
UK forward Jules Camara says all the talk of rivalries and feuds doesn't mean much to him. "That's just crap," he said.

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UK STAFF

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TALKIN' SMACK

Inside matchup heats up

By Matt Ellison
SENIOR STAFF WRITER

It's no secret. All eyes will be on the matchup down low between Tennessee's C.J. Black and UK's Jamaal Magloire.

Black, who labeled UK's senior enforcer as a "dirty player" during the SEC Media Days in November, was ejected from UT's game against Memphis in December for throwing a punch. According to NCAA rules, if Black is ejected from a second game for fighting, he's suspended for the rest of the season.

That fact hasn't escaped Magloire.

"I'm aware that he's already been ejected once," he said, "and he has to keep his cool in order to avoid being kicked out." But Magloire stopped short of saying he would try to get under Black's skin.

"It's hard to come out and say what I'm going to do other than play Jamaal's game," he said of himself. "I'm not wor-

ried about it. What I'm doing is trying to win for my team."

"I notice the conference has put a veteran crew on this game," UT coach Jerry Green said of the officials, all of whom have Final Four experience.

"Everyone's going to be watching down on the blocks," Saul Smith said. "I don't know how the refs are going to be calling it. They're probably going to take control of the game real early."

Green also fired a little barb at Magloire, although he veiled it as a complement.

"I hope C.J. doesn't get hurt in there," he said of Black's having to guard Magloire. "He's as tough a center as we've been around all year."

But the feud between Magloire and Black is one of a few interesting subplots for this game.

• Vincent Yarbrough, who had Kentucky among his final choices for college, told the Nashville Tennessean on Monday that this season makes him sure he chose wisely.

"You can see where they (UK) are and where we are, and I can't help but feel good about that," he said.

• Saul Smith pointed out that while Tennessee got the best of UK last season, there's plenty of room for the Vols to improve.

"My first year here, we handled them pretty good," he said. "Now, their program is a powerhouse. Obviously, they haven't won as many games in March as we have."

• The game includes UT forward and Kentucky native Isaiah Victor, who was never really recruited by UK although he dreamed of wearing the Big Blue someday. Also suiting up for UT is freshman forward Marcus Haislip, who gave UK a verbal commitment last year before changing his mind and signing with UT.

But Jules Camara said all the talk of rivalries and feuds doesn't really mean much to him.

"To me, all that's normal," he said. "All this talking doesn't mean anything. That's just crap."



Stretch
Tennessee Titans wide receiver Kevin Dyson (87) tries but fails to get the ball into the end zone as he is tackled by St. Louis Rams' Mike Jones on the final play of Super Bowl XXXIV on Sunday in Atlanta. The Rams won 23-16.

ASSOCIATED PRESS

Campus Calendar

January 31 - February 6, 2000

The Campus Calendar is produced by the Office of Student Activities, Registered Student Orgs. and UK Depts. can submit information for FREE online ONE WEEK PRIOR to the MONDAY information is to appear at: <http://www.uky.edu/StudentCenter/StudentActivities> Call 257-8867 for more information.

Tues 1	Wed 2
<p>ACADEMIC</p> <ul style="list-style-type: none"> Math Tutoring, 109-3-3:50 & 123-4-4:50, 203 Fraze Hall Maximize Your Test Scores Workshop, 11-11:50am, call 7-4959 <p>MEETINGS</p> <ul style="list-style-type: none"> Alpha Phi Omega, 7:30pm, Rm 359 Student Ctr. Green Thumb, 8pm, Rm 106 Student Ctr. TNT, 7:30pm, Baptist Stud. Union <p>ARTS/MOVIES</p> <ul style="list-style-type: none"> EXHIBIT: Henry Chodkowski Mavros Labyrinthes Series, UK Art Museum, noon-5pm EXHIBIT: A Horse of a Different Color, UK Art Museum, noon-5pm Charlie Chaplin Shorts, 7:30pm, Warshaw Theatre <p>SPORTS</p> <ul style="list-style-type: none"> Tee Kwan Do Club, 6:30-8pm, Alumni Gym Left Rm 19 Men's B-Ball vs. Tennessee, 9pm, Rupp Arena (ESPN) Tee-Boxing, 3:30pm, Baptist Stud. Union 	<p>ACADEMIC</p> <ul style="list-style-type: none"> Internship and Shadowing Orientation, 3-4pm, Rm 111 Student Ctr. *LEAP, 3-3:50pm, 203 Fraze Hall *Last Day to Drop and Change a Grade Option <p>MEETINGS</p> <ul style="list-style-type: none"> *Dinner at the Dorms with the Hillal/Jewish Student Org., 6:15, Blazer Hall *Table Francos, 3-5pm, Magic Beans Cafe (SH Station) *UKNOW, 7pm, Rm 115 Student Ctr. *Omicon Delta Kappa, 5:30pm, 206 Stud. Ctr. <p>SPORTS</p> <ul style="list-style-type: none"> *Kempo Self-defense Club, 8:30pm, Alumni Gym Left *Tee-Boxing, 5pm, Baptist Stud. Union <p>ARTS/MOVIES</p> <ul style="list-style-type: none"> *DMA Voice Recital: Alicia Helm, 6pm, Singletary Ctr.
Thurs 3	Fri 4
<p>ACADEMIC</p> <ul style="list-style-type: none"> Math Tutoring, 123-3-3:50 & 109-4-4:50, 203 Fraze Hall *ACLU Forum on Posting Ten Commandments, 7:30pm, Carrick Theatre at Transy <p>MEETINGS</p> <ul style="list-style-type: none"> *Thursday Night Live, 8pm, Christian Student Fellowship *Freshman Focus, 7:30pm, Baptist Stud. Union *Devotion and Lunch, 12pm, Baptist Stud. Union, 51 *Habitat For Humanity, 5:30pm, 115 Stud. Ctr. *Wild Water Cats, 6:30pm, 123 Seaton Ctr. <p>SPORTS</p> <ul style="list-style-type: none"> *Kempo Self-defense Club, 6:30pm, Alumni Gym Left *Tee Kwan Do Club, 5-6:30pm, Alumni Gym Left Rm 19 *Tee-Boxing, 3:30pm, Baptist Stud. Union 	<p>T. G. I. F</p> <p>Have a Great Weekend! Go Cats!</p>
Sat 5	Sun 6
<p>MEETINGS</p> <ul style="list-style-type: none"> *Newman Center Mass, 6pm <p>ARTS/MOVIES</p> <ul style="list-style-type: none"> *Dr. Alan Nichols Lecture/Recital, 2pm, Singletary Ctr. <p>SPORTS</p> <ul style="list-style-type: none"> *Men's B-Ball vs. S. Carolina, 1pm, Rupp, (JP) 	<p>MEETINGS</p> <ul style="list-style-type: none"> *Sunday Morning Worship, 11am, Christian Student Fellowship *Newman Center Mass, 9am, 11:30am, 5pm, and 8:30pm <p>SPORTS</p> <ul style="list-style-type: none"> *Women's B-Ball@ Arkansas, 3pm <p>SPECIAL EVENTS</p> <ul style="list-style-type: none"> *Sunday Fun Day, 12-3:30pm, UK Art Museum

Remembering our Black History

Today is the first day of Black History Month, a time set aside to remember and celebrate the contributions African-Americans have made to society.

In 1926, Dr. Charles C. Woodson, a Harvard graduate, established Black History Week. February was chosen because of the birthdays of Frederick Douglass and Abraham Lincoln. In the 1970s, the week grew into what we know now as Black History Month.



Black national flag

Test your knowledge

Here's a little Q&A to test your knowledge about African American history.

- Who was the first African-American senator?
- Who is considered the "father of gospel music"?
- How did the AME Church begin?
- Who was the first African-American to be named Poet Laureate of the United States?
- Who composed many of Elvis Presley's and Jerry Lee Lewis' early hits?

Answers:

- Hiram Revels took the oath of office in February 1870.
- Thomas A. Dorsey, whose professional music career began in Atlanta's blues and jazz clubs in the 1920s.
- The African Methodist Episcopal (AME) Church was born out of conflict with bishops of the Methodist Episcopal Church of Philadelphia. As a result, Richard Allen, Absalom Jones and others co-founded The African Free Society in 1787.
- Rita Dove, born in 1952 in Akron, Ohio, held that post from 1993-1995.
- Otis Blackwell.

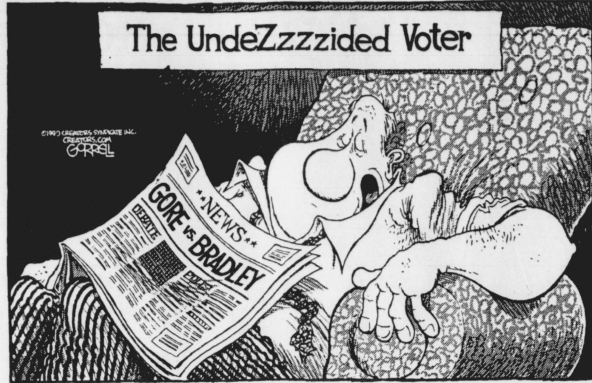


A little bit of history

On Feb. 1 in the following years, these notable events occurred:

1865. John S. Rock became the first African-American to practice before the U.S. Supreme Court.
1902. Playwright, poet and author Langston Hughes is born.
1960. First major sit-in to protest segregation is held at an F.W. Woolworth store in Greensboro, N.C.
1978. Harriet Tubman becomes the first African-American woman honored on a U.S. stamp.

Sources:
<http://www.bakersfield.com/special/blac/history/index.html>,
<http://www.dat.ca/~acswwww/grfbhm.htm>,
<http://www.chebuc-to.n.s.ca/Heritage/BHMA/history.html>



Sean Hardwick
NORTHWESTERN UNIVERSITY

Election 2000 — it's nothing too exciting

I love abortion. How can you not? Oh, maybe not the act itself, but as a trouble-stirring, inescapably messy campaign issue. It can't be beat.

Up to this point, Campaign 2000 has been such a drop-dead boring affair that I am seriously questioning why anyone cares.

It hardly helps that all of the candidates have been doing their best to appear to be the exact same person.



Bill Bradley (R)

That sounded mildly sensible and almost supportive of immigration.

Welcome to American politics in the Twilight Zone.

So who decided to send in the clones? It's just a byproduct of the era of the "new liberals" and what G.W. likes to call "compassionate conservatism." Substitute "non" for "new" and "compassionate," and those terms would be more accurate.

That it goes too far."

White House spokesman Joe Lockhart said slyly on Monday.

"And that just is ... a service to people as they make up their mind on who they are going to vote for."



Al Gore (D)

While I would like to believe this centrist thinking is simply a matter of rational, deliberate consideration, I think that would be overestimating humanity. So what could it be? Oh, yeah. Healthy economy. And so the battle of the bland continues. The mainstream candidates carefully avoid saying anything too anything.

And fittingly, the candidate who has been sure to say the least, creating doubts he even has a platform, is everyone's prediction for the next prez.



Alan Keyes (R)

What the world needs now is a little abortion.

Every election needs a problem; I nominate this one.

Yes, it's time for that most divisive of issues to make a comeback. And we owe that to that acknowledged troublemaker, Billy Clinton.

Earlier this week, on the anniversary of Roe v. Wade, Billy reiterated his support for the ruling, then made a snide comment about those on the other side.

"There are many who have expressed recently that they think



George W. Bush (R)

We're trapped in some election netherworld where the most rip-roaring debate is over big tax cuts vs. little tax cut.

Where candidates say the requisite "I respect my opponent" and have to struggle to come up with a jab that doesn't reflect their views as well.

Where Pat Buchanan, of all people, recently gave a speech

TODAY IN BLACK HISTORY



Four North Carolina A&T State University students, from left: Joseph McNeil, Franklin McLain, Billy Smith and Clarence Henderson, sit at the all-white lunch counter of F.W. Woolworth Co. store Feb. 1, 1960, in Greensboro, N.C. This peaceful demonstration helped energize the Civil Rights movement.

READERS' FORUM

Expressions

UK is a great university and will be even better by 2020

To the editor:

I am writing in response to the article in the Jan. 24 issue of the Kentucky Kernel, "Shooting for the Stars." Some students need to realize the true meaning of UK's marketing campaign, and, in turn, they will become as proud of their university as I am.

First of all, the key word is America. When I applied to join the University of Kentucky Preparing Aspiring Wildcats (PAW) organization, the two admissions counselors in charge of the club told us in the first minute of the interview that UK would like to increase out-of-state enrollment to 25%. I knew right then the direction this university was hoping to take in their 2020 campaign.

They want to be recognized as a top institution in America! The "America's Next Great University" is not downplaying the quality of academics a student acquires at this university. UK just wants to reach out to more students in America. Hopefully, in time, people across the country will associate UK with the likes of Stanford, Michigan or Harvard. In my opinion, UK is already a great university.

I am excited to be associated with a school that is trying to become one of the best nationally. When a parent or student asks me if a certain program is "great" at this university at a recruiting event, I always tell them I am happy with the well-rounded institution I attend. I feel I will enjoy a very rewarding career with a University of Kentucky degree because of the good education I am receiving.

I just wish people would get it into their heads that UK is a great institution already. If you feel that the slogan makes UK feel it is not that great of a school, I would like to know why you chose to come to school here then. There had to be something that set this university apart from the other schools you looked at.

Everyone needs to take pride in the goal to become one of the most elite schools in the country. When 2020 rolls around, all of the doubters about this slogan will want to thank UK for the prestigious degree they will hold!

NATHAN AUERKMAN
ACCOUNTING JUNIOR

Condoms on campus are accessible but too expensive

To the editor:

In her column of the 26th, Ms. Marquis states that if free condoms were only available on campus, at such places as residence hall desks and the Student Center, possible incidents of STD transmission would be lowered significantly. Alas, it is not so.

Think for a minute about the situation. A student approaches the front desk, at which an RA is seated. "Hi, can I pick up a couple condoms, its gonna be a good weekend!" Yeah, right. Or perhaps this one: said student approaches the student center information desks. "Hi, yeah, I'm a student in need of a condom. I ran out last night and need to get some more." Sure, that'll happen!

There is a very small percentage of students who will take the initiative in public to pick up condoms, when they could very easily pick them up anonymously from the vending machines. I do have to agree, though, that the cost is too high. Fifty cents a condom is too much. If vending machines are to carry the condoms, it should be at a lower rate, perhaps a box of 3 for 50 cents.

RYAN AKERS
MUSIC EDUCATION SENIOR

Repealing Second Amendment is really not that important

To the editor:

Guns not our worst problem. Reading Scott Marchand's Jan. 26 article, I couldn't believe my eyes. For the first time, I saw a gun abolitionist admit that the Second Amendment actually grants ordinary citizens the right to keep and bear arms. However, his call to repeal the Second Amendment shocked me even more.

Ignoring this slap in the face of freedom, I found his statistics interesting. He implied that guns are our worst problem. Of the 34,040 dead in 1996, 18,000 are suicides. While a gun may be convenient, someone determined to die probably will. Murder, like suicide, doesn't depend on the implement. All of the 1,500 accident victims would be alive if parents taught their children about gun safety and then obeyed those rules themselves. We can't legislate stupidity out of existence.

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May 23

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035 Grehan Building, Lexington, KY
40506-0042

Length & style
Letters should be about 250 words; guest opinions should be no longer than 600 words.

Include this info
Include your name and major classification (for publication). For verification include your address and telephone number.

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Scott Marchand, at-large member
Lance Pearson, at-large member

Remembering our Black History

Today is the first day of Black History Month, a time set aside to remember and celebrate the contributions African-Americans have made to society.

In 1926, Dr. Charles C. Woodson, a Harvard graduate, established Black History Week. February was chosen because of the birthdays of Frederick Douglas and Abraham Lincoln.



Black national flag

Test your knowledge

Here's a little Q&A to test your knowledge about African American history.

- 1. Who was the first African-American senator?
2. Who is considered the 'father of gospel music'?
3. How did the AME Church begin?
4. Who was the first African-American to be named Poet Laureate of the United States?
5. Who composed many of Elvis Presley's and Jerry Lee Lewis' early hits?

Answers:

- 1. Hiram Revels took the oath of office in February 1870.
2. Thomas A. Dorsey, whose professional music career began in Atlanta's blues and jazz clubs in the 1920s.
3. The African Methodist Episcopal (AME) Church was born out of conflict with bishops of the Methodist Episcopal Church of Philadelphia.
4. Rita Dove, born in 1952 in Akron, Ohio, held that post from 1993-1995.
5. Otis Blackwell.

A little bit of history

On Feb. 1 in the following years, these notable events occurred:

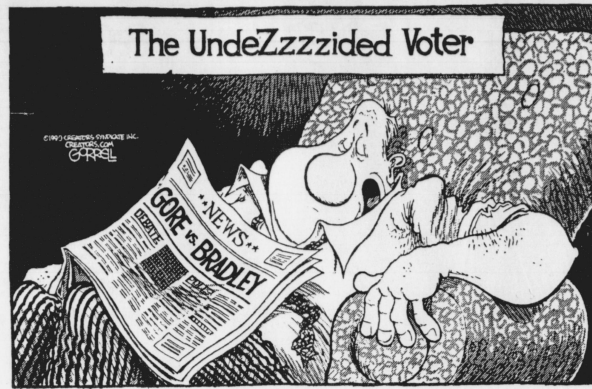
1865. John S. Rock became the first African-American to practice before the U.S. Supreme Court.

1902. Playwright, poet and author Langston Hughes is born.

1960. First major sit-in to protest segregation is held at an F.W. Woolworth store in Greensboro, N.C.

1978. Harriet Tubman becomes the first African-American woman honored on a U.S. stamp.

Sources:
http://www.bakersfield.com/special/blachistory/index.html
http://www.dal.ca/~scsway/gr/fin.htm
http://www.chebuc-to.na.ca/Heritage/BHMA/history.html



Sean Hardwick, Northwestern University

Election 2000 — it's nothing too exciting

I love abortion. How can you not? Oh, maybe not the act itself, but as a trouble-stirring, inescapably messy campaign issue, it can't be beat.
Up to this point, Campaign 2000 has been such a drop-dead boring affair that I am seriously questioning why anyone cares.

It hardly helps that all of the candidates have been doing their best to appear to be the exact same person.
Whether we're talking about Al "Get me a facial expression" Gore or Steve "See, you can buy votes" Forbes, George W. "Doo-fus" Bush or Bill "I was a pro athlete" Bradley, it seems like all year's candidates were issued in varying shades of bland.

How did those people at the caucuses get to be so excited about their candidate over the others?
It seems a lot like making the choice between painting your walls gray or grey.
While it's not unexpected for the candidates to avoid taking tough stands until the herd has been weeded out a bit, this year has been especially bleak.



George W. Bush (R)

We're trapped in some election netherworld where the most rip-roaring debate is over big tax cut vs. little tax cut.

When candidates say the requisite "I respect my opponent" and have to struggle to come up with a jab that doesn't reflect their views as well.

Where Pat Buchanan, of all people, recently gave a speech

that sounded mildly sensible and almost supportive of immigration.
Welcome to American politics in the Twilight Zone.

So who decided to send in the clones? It's just a byproduct of the era of the "new liberals" and what G.W. likes to call "compassionate conservatism." Substitute "non" for "new" and "compassionate," and those terms would be more accurate.



Al Gore (D)

While I would like to believe this centrist thinking is simply a matter of rational, deliberate consideration, I think that would be overestimating humanity. So what could it be? Oh, yeah. Healthy economy.

And so the battle of the bland continues. The mainstream candidates carefully avoid saying anything too exciting.
And fittingly, the candidate who has been sure to say the least, creating doubts he even has a platform, is everyone's predicament for the next prez.

What the world needs now is Every election needs a problematic nominee. I nominate this one.
Yes, it's time for that most divisive of issues to make a comeback. And we owe that to that acknowledged troublemaker, Billy Clinton.

Earlier this week, on the anniversary of Roe v. Wade, Billy reiterated his support for the ruling, then made a snide comment about those on the other side.

There are many who have expressed recently that they think

that it goes too far."
White House spokesman Joe Lockhart said slyly on Monday.

"And that just is... a service to people as they make up their mind on who they are going to vote for."
Yes! Now Gore is in New Hampshire high schools, campaigning among those not old enough to vote, constantly bringing up a woman's right to choose.

Bush and McCain are stating positions, and then quickly backpedaling! Voters will have to take actual sides, rather than wade in the pool of the politically processed clones!

It's not enough to fight the effects of the thus-far sleep-inducing proceedings. But wake me when the phrases "Baby killer" and "It's a fetus!" start flying. Then things might finally get interesting.

Sean Hardwick is a columnist for the Daily Northwestern at Northwestern University. His views do not necessarily represent those of the Kernel.

READERS' FORUM

Expressions

UK is a great university and will be even better by 2020

To the editor:

I am writing in response to the article in the Jan. 24 issue of the Kentucky Kernel, "Shooting the Stars." Some students need to realize the true meaning of UK's marketing campaign, and, in turn, they will become as proud of their university as I am.

First of all, the key word is America. When I applied to join the University of Kentucky Preparing Aspiring Wildcats (PAW) organization, the two admissions counselors in charge of the club told us in the first minute of the interview that UK would like to increase out-of-state enrollment to 25%. I knew right then the direction this university was hoping to take in their 2020 campaign.

They want to be recognized as a top institution in America! The "America's Next Great University" is not downplaying the quality of academics a student acquires at this university. UK just wants to reach out to more students in America. Hopefully, in time, people across the country will associate UK with the likes of Stanford, Michigan or Harvard. In my opinion, UK is already a great university.

I am excited to be associated with a school that is trying to become one of the best nationally. When a parent or student asks me if a certain program is "great" at this university at a recruiting event, I always tell them I am happy with the well-rounded institution I attend. I feel I will enjoy a very rewarding career with a University of Kentucky degree because of the good education I am receiving.

I just wish people would get it into their heads that UK is a great institution already. If you feel that the slogan makes UK feel it is not that great of a school, I would like to know why you chose to come to school here then. There had to be something that set this university apart from the other schools you looked at.

Everyone needs to take pride in the goal to become one of the most elite schools in the country. When 2020 rolls around, all of the doubters about this slogan will want to thank UK for the prestigious degree they will hold!

NATHAN AUKERMAN, ACCOUNTING JUNIOR

Condoms on campus are accessible but too expensive

To the editor:

In her column of the 26th, Ms. Marquis states that if free condoms were only available on campus, at such places as residence hall desks and the Student Center, possible incidents of STD transmission would be lowered significantly. Alas, it is not so.

Think for a minute about the situation. A student approaches the front desk, at which an RA is seated. "Hi, can I pick up a couple condoms, its gonna be a good weekend!" Yeah, right. Or perhaps this one said student approaches the student center information desks. "Hi, yeah, I'm a student in need of a condom. I ran out last night and need to get some more." Sure, that'll happen!

There is a very small percentage of students who might take the initiative in public to pick up condoms, when they could very easily pick them up anonymously from the vending machines. I do have to agree, though, that the cost is too high. Fifty cents a condom is too much. If vending machines are to carry the condoms, it should be at a lower rate, perhaps a box of 3 for 50 cents.

RYAN AKERS, MUSIC EDUCATION SENIOR

Repealing Second Amendment is really not that important

To the editor:

Guns not our worst problem
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TODAY IN BLACK HISTORY



Four North Carolina A&T State University students, from left: Joseph McNeil, Franklin McClain, Billy Smith and Clarence Henderson, sit at the all-white lunch counter of F.W. Woolworth Co. store Feb. 1, 1960, in Greensboro, N.C. This peaceful demonstration helped energize the Civil Rights movement.

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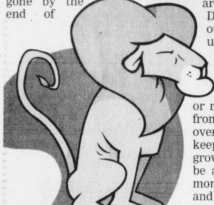
IN THE STARS

Find what the stars hold for your future

Things going good, bad? Let our expert astrologer tell you what lies ahead

Leo (July 23-Aug. 22):

Family problems will finally solve themselves this week, young Leo, as things that took place in the past will come to the surface and be dealt with. You will clean your slate this month. Everything that had some black marks on it will be gone by the end of the month.



the month, and this will give you the ability to screw up again.

Aquarius (Jan. 20-Feb. 18):

Love is not going the way it should this month, Aquarian. You have neglected some things in the past that were unrelated to your love life, and now they are coming back to bite you. Don't worry; you'll make it out alive, but probably not unscathed.

Pisces (Feb. 19-Mar. 20):

Remember your friends this month, as you will go on a long journey that may or may not take you far away from them. Their support, even over the long winter weeks, will keep you going and make you grow stronger in the end. Don't be afraid of commitment this month — in both the financial and social sense.

Aries (Mar. 21-Apr. 19):

You will be going through a large hardship this week. Hold on, even if your family and friends all desert you (so you think). It's only temporary — a strengthening test to prepare you for some real crises that are on the horizon.

Taurus (Apr. 20-May 20):

Your aggressive nature might get you in trouble this month, but it might pay off at the same time. Try to always stand up for yourself, but don't pick a fight. You might win the first few times, but you will fall hard eventually. This applies to all of your life — from your love life, to your ability to communicate with friends.

Gemini (May 21-June 21):

Life has dealt you a good hand. The month of February will go well for you. Enjoy it, because you really deserve it and you won't get another month like this for a while. Don't get too committed to anything right now; the moons

have dictated it might fall eventually.

Cancer (June 22-July 22):

Your life, as opposed to last month, will turn into a large party where you won't know where to start or where to end. The only danger of this is that you might underestimate the seriousness of a situation and not pay enough attention to it. It might go away for a little while, but it will come back to haunt you.

Virgo (Aug. 23-Sept. 22):

Life is a contact sport, and you'll take a large hit in the side this month. The things that you're worrying about right now won't be what get you; it'll be the things you don't see that will blindside you. You can't prepare yourself for what it will be, but you can prepare for the hit brace yourself. You'll get up next month.

Libra (Sept. 23-Oct. 23):

You're a pimp. Everyone of the opposite sex loves you. Don't worry about dates for a

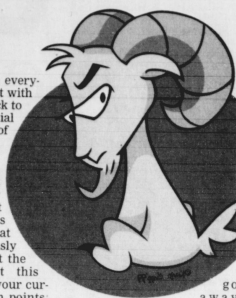
few months, because everyone will want to go out with you. The only drawback to this is that your financial ability to support all of these is limited.

Scorpio (Oct. 24-Nov. 21):

Life is good. Not much to report for you this month, except to keep going to class and keep doing what your doing. It's obviously working. Don't accept the job offer you'll get this month. Even though your current job has its down points, it's still the best job you're gonna get while your in college.

Sagittarius (Nov. 22-Dec. 21):

You will be the richest you have ever been this month. This doesn't really mean that you'll get money; your friends could be the best they have ever been or you could have the hottest love month of your life. Anyway it works; you will



go away from this month with a lot more than you started with.

Capricorn (Dec. 22-Jan. 19):

Your social life is slowly warming up this month. Keep doing what you're doing now, it's paying off in the long run. A new love interest will make you re-evaluate your old love and leave them, or make you stronger in your relationship with them.

MUSIC

Band has one foot deep in blues, one in rock

Group has honed its craft over the years, woodshedding with blues legends

By Joe Marrett
STAFF WRITER

Ron Harris is a mountain of a man, and, with the licks he plays on his guitar, he creates a mountain of a sound.

Together with bassist/key-boardist Rick Jones and drummer Rick "The Duck" Hackworth, Harris fronts Ron Harris and the Knott Brothers (so named because they are not brothers).

The trio plays the blues and classic rock, leaning towards the blues. It's the perfect outfit for Harris's hot leads.

"I've played all sorts of mu-

sic, but the blues is what I always come home to," Harris said.

Harris himself has worked over the years with blues legends like Clarence "Gatemouth" Brown, Jo-El Sonnier and John D. Loudermilk.

The Knott Brothers aren't too shabby themselves. The Duck has pounded the skins in collaboration with David Allan Coe and Warren Haynes. Rick Jones has toured with Gatemouth Brown.

The most important connection the band has is with each other. Harris and Hackworth played together 25 years

ago before hooking up in the current band. Harris and Jones grew up together. The chemistry comes through in the tightness of the three piece.

Ron began his love affair with the guitar when he was 6-years-old. In addition to the great musicians he has worked with, he met the one and only Les Paul while working at Gibson. There he had the luxury to craft his own guitar, which he uses now.

"This is the one I like the best," Harris said, pointing to the tattoo of his green Les Paul on his right arm.

Rocking out isn't the only task that Ron Harris & the Knott Brothers face in this band. Along with the lighting and the booking, a lot of road

work goes into checking out the competition and solidifying gigs.

"Playing's the easy part," Hackworth explained.

Harris has also come up with something that's the mother of all good ideas. Ron's Ultimate Garage Band's Pickin' Party, Musicians Flea Market and Swap Meet will be held every other Monday beginning Feb. 7 at the Eastland Marathon Station. It's a project that promises everything it says in an effort to raise funds to help out the Hope Center.

Starting tonight they will be holding an open-invite jam session that will be held every Tuesday at High on Rose. There's no cover, so don't be shy. Bring an instrument.

Where it's at

Open-invitation Jam Session
High on Rose
301 East High St.
389-9999
Tuesdays 9:00-midnight

Ron's Ultimate Garage Band's
Pickin' Party, etc.
Eastland Marathon
1209 Winchester Rd.
255-1233
Mondays 6:00-8:00 p.m.

Ron Harris and The Knott Brothers
239 Surfside Dr.
278-9003
Sundays 7:00-11:00 p.m.

KIM YORK | KERNEL STAFF

Kinda blue

Ron Harris gets down to the smooth blues sounds laid down by his band the Knott Brothers.



ATTENTION SENIORS:

Come to the U.K. vs. Tennessee
MEN'S BASKETBALL GAME
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for a
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SOUND INTERESTING?

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Guest Speaker: Amy Kolasa
Grant Writing for Graduate Students

WHEN: February 2, 2000, 10 a.m. - 12 p.m.
WHERE: President's Room, Singletary Center

Hosted by Dr. Michael T. Nietzel
Dean of the Graduate School

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GLY 223 'INTRODUCTORY GEOLOGY IN THE ROCKY MOUNTAINS,'
A 6 CREDIT COURSE THAT SATISFIES THE USP NATURAL SCIENCE REQUIREMENT.

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<http://www.uky.edu/ArtsSciences/Geology/dept/gy223.html>
or contact: Dave Moecher, Director of Undergraduate Studies
Department of Geological Sciences
moker@pop.uky.edu

GET PUMPED!



Calorie rules

Are you healthy?

Food that no one else sees you eat does not count as eating unhealthy.

Ordering a diet drink with your super-sized Big Mac value meal makes you a much more healthy person.

When you feel too big, hang out with people bigger than you. You will then appear healthy and more fit.

Therapeutic foods such as ice cream or cheese sticks at 1:45 on a Saturday night do not count in the total calorie count.

Smaller helpings of food such as a piece of a brownie or the tip of a piece of pie contain no calories. All the calories remain in the larger piece. The same rule applies for licking bowls and spoons during the cooking process.

You can eat anything and everything if you exercise for at least 15 minutes that day. The fats in the cheesecake understands that you are trying to be healthy, and, therefore, do not attach themselves to hips, bellies or other body parts.

Since calories are, in effect, units of stored energy, or heat, frozen delights contain absolutely no calories.

Any food consumed over the course of a date or at your parents' house does not count as being bad for you. These are known as occupational hazards and are part of the fun of life and must be taken in stride.

Weight gained over the winter months is due to our very close relation to, not dolphins or apes, but bears. Speaking of which, if they can lose all of their fat reserves by sleeping through the winter, why can't we?

Eating habits

Fast food

You want to eat healthy, but here are some things you could do if you get sucked in by the alluring aroma of grease and french fries.

- 1. Enter the drive-through in reverse and let your passenger order.
2. Ask prices of everything on the menu, then order something that you did not ask the price for.
3. Pretend your window is broken. Tell the employee this. Order with your door open. Roll down window and take food through the window.
4. Go to McDonalds and demand a big breakfast at 11:30 at night. Put up a fight.
5. Pay for a large order in pennies and nickels unwrapped.
6. Order in another language. Be careful what neighborhood you are in.

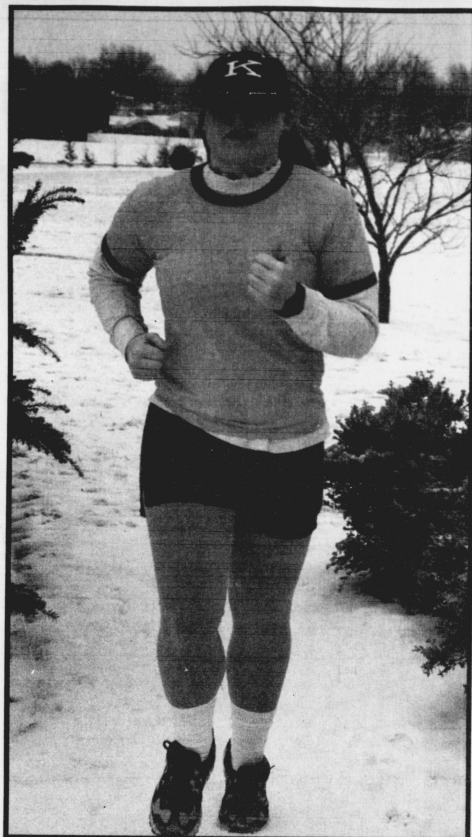
Compiled by Ron Norton

KENTUCKY KERNEL HEALTH & FITNESS

February 1, 2000

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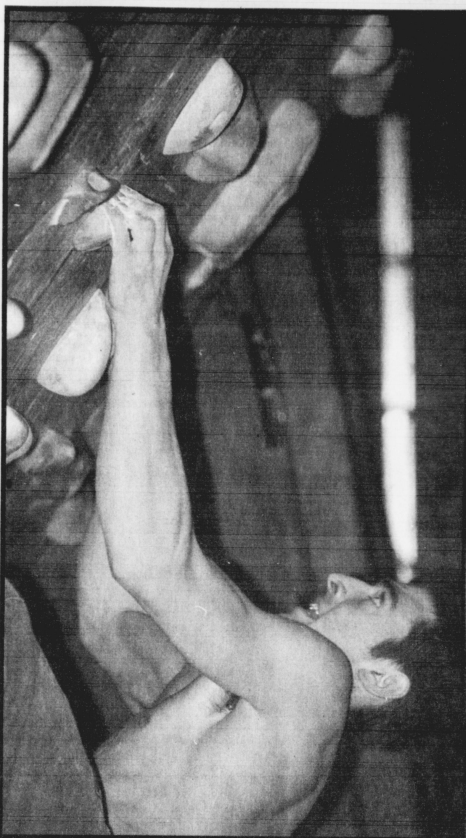
PUMP YOU UP



KIM YORK | KERNEL STAFF

Running

Rachel Mullins, a communications junior, battles the frigid outdoors at UK's Arboretum.



NICK TOMCEKA | KERNEL STAFF

Climbing

Jonah Fickle, an undeclared freshman, searches for a grip at Climb Time in Lexington.

OUTDOORS VS. INDOORS

Working out, literally: For those students who are brave enough to face the weather, you'd better be prepared

Staying in: There are plenty of opportunities to get a good workout indoors and maybe even have fun doing it

By Chris Markus ASSISTANT NEWS EDITOR

While most UK students are rushing to get out of the sub-arctic temperatures and into the warm indoors, some students actually prefer the bone-chilling cold.

A walk up Rose Street reveals people bundled in layers of clothes with their arms crossed, quickly pacing to their indoor destination. But, if you look for a while, you may just see the red cheeks of John Senseng's wind-blasted face running toward you.

"Some people like to wear those cotton masks when they're running, but I think they're a pain in the ass," Senseng said. Senseng isn't the only brave soul taking on the elements to get in a good day's exercise.

Lexingtonian Rick Faulkner is an avid mountain climber who has encountered ordeals ranging from cold feet to avalanches.

Last March Faulkner attempted to climb Mt. Washington in New Hampshire.

"That was probably the most extreme weather I've ever encountered. With the wind chill, it was 40 below," said Faulkner.

But, it wasn't the temperature that made Faulkner end his ascent prematurely.

The same day that Faulkner was attempting to scale the mountain three avalanches had al-

ready occurred.

When Faulkner and his partner realized that they were hiking on a portion of a mountain that was in danger of an avalanche, they were forced to cut the trip short.

For some winter sports participants, the attraction of hiking or running in the winter has nothing to do with the weather.

Lela Shaw divides her time between the frigid outdoors and working at a store specializing in hiking and outdoor gear.

Shaw prefers hiking during the winter largely because of the serenity element involved.

"The scenery is fantastic, but the best part is that there are no other people or bugs to put up with."

Shaw said that inexperience is one of the reasons that some outdoorsman have problems.

Shaw said that she has heard stories of campers who have tried to cook food in their tents. She said that the inevitable result of such actions is the tent catching on fire.

"People will try to put out the fire with water and end up getting all of their gear soaking wet," Shaw said with a chuckle.

"I recommend a long trip to the Caribbean," he said.

The scoop

Don't get stopped cold

Drink plenty of fluids to avoid dehydration. Despite the cooler temperatures, more fluids are actually lost in winter exercise than summer. Stay away from caffeinated or alcoholic beverages, however.

Warm-up and cool-down indoors, if possible.

Do not wear too many clothes. Dressing heavily will cause too much sweating, which can lead to chills as the exercise ends.

For runners, try to avoid icy sidewalks, and instead run on the grass.

By Amber Ashby CONTRIBUTING WRITER

Now that winter is in full swing, there's not too many activities that anyone would risk doing in such cold weather, no matter how bad they want to keep in shape. For those who would rather not brave the cold or are tired of the typical gym routine, many indoor activities such as rock climbing, golf, and volleyball, offered in Lexington come as a welcomed alternative.

For those who are adventurous or just want to try something different, check out the local indoor climbing facility: Climb Time Inc. is a rock climbing simulator that has fake rocks and cliffs, made out of plywood and held together with plastic resin. Owner Barry Richardson says that it's just like climbing outside, only indoors.

"We change or rearrange the scenery weekly, to make it more interesting," he said.

Richardson also added that no experience is necessary and all training and equipment is provided.

Blake Bowling, a math and physics senior and honorary member of the UK Climbing Club, said he likes to climb at the facility because it's very challenging. "There are plenty of walls and levels to choose from, so you can go at your own pace," he said.

Another interesting

indoor activity that just recently opened is the Lexington Indoor Volleyball Arena. This facility, which is targeted towards people interested in volleyball, contains three courts, a weight training area, and a volleyball library. The Volleyball Archa offers leagues for men and women, and range from advanced to beginner levels.

Terri Crabb, a management senior and UK Volleyball player, was interested in the new facility because it would offer volleyball players a place of their own. Volleyball players often have to share facilities with basketball players, she said.

Indoor golf is yet another activity that is gaining popularity. Sam Vest, owner of Indoor Golf of Lexington, explained that his facility offers four golf simulators which each contain a dual tracking system. Participants hit a golf ball into a 10 x

12-inch screen and the tracking system then traces the ball within a tenth of an inch of what it would normally be per hole.

Each simulator booth is rented for \$20 per hour and has 22 PGA courses to choose from. Vest said that more than one person can share a booth for the same price, but a full game takes about an hour per person.

Josh Mers, a political science sophomore, often plays golf at the indoor facility. Mers' view towards the activity echoed that of many indoor sports enthusiasts. "It's a good way to pass the time and beat the cold," he said.

The scoop

Where to go

Climb Time Inc. 2416 Over Dr. 253-3673

Lexington Indoor Volleyball Arena 190 Computex Dr. 885-5602

Indoor Golf of Lexington 4013 Nicholasville Rd. 971-9255

You can also become a member of the UK rock climbing club. Contact student organizations at 257-1109

For UK Intramurals, call 257-3928.

SWEATING

New exercise bikes gain popularity, place in gyms

Spinning, the newest exercise craze, burns a lot of calories without the coordination

By Amber Ashby
CONTRIBUTING WRITER

The newest craze in the wide world of exercise involves taking bicycles and putting a spin on them. This popular group exercise class, called spinning, requires participants to ride a stationary bicycle. The level of tension placed on the bike can be increased or decreased by simply turning a knob located on the frame.

"Spinning is really big right now," said DeWayne Carr, owner of Powerhouse gyms. "It's like the Tour de France, only you ride on a stationary bike and control your own pace."

Ben Parsons, a psychology junior said that he enjoys spin-

ning because of the level of diversity it offers. "If I'm having a hard day, I can ride at a steady pace. If I want a challenge, then I can do intervals."

Dave Peterson, an exercise science senior and spinning instructor at the South Lexington YMCA, says that spinning is becoming popular because people of all different fitness levels can participate in it together.

"You don't need any skill or rhythm to do it," Peterson said. "It's also an intense, low-impact workout that burns a lot of calories."

And since participants control their own pace, they can be totally out of shape and not be embarrassed by the spinning pro taking the class along with them. "That's the beauty of it," said Peterson.

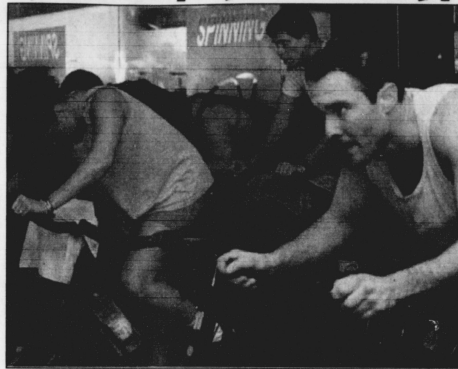
Several gyms in Lexington offer spinning classes, but many of these places require a membership to participate in spinning.

However, students do have other options. Carr's gym offers a "spinning on the go" class. If a whole dormitory wants to participate in a spinning class, Powerhouse will not only bring the equipment to the dorm, but will also provide an instructor.

Sherrie Wright, an undeclared freshman, thought that was an inviting idea. "Almost all of the dorms don't have workout centers and I don't have a car to get to any indoor activities. That would be great if they brought it to us instead."

Overall, spinning is a good choice for anyone who's looking for a new form of exercise, especially if just starting out.

As Angela Meiser, an undeclared freshman puts it, "It's relatively easy, and besides, it makes my legs look good."



Bobby Tucker, also known as "Killer" to his class, pushes to the limit at Powerhouse gym.

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


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GROOVIN' AND MOVIN'

Musical motivation



Susan Brown, age 44, performs stomach crunches at Fitness Now on Nicholasville Road. The facility is open 24 hours providing students the opportunity to exercise any time.

Tunes to tone by: Picking the right music is the key to a good workout

By Jennifer Sciantarelli
STAFF WRITER

The holidays are over. Suddenly, your favorite jeans don't fit like they used to. Did they shrink? Get real. So you gained a few pounds. What's a person to do? Other than the obvious (buy new jeans), you could opt to exercise to burn off those extra pounds.

To make your workout more enjoyable, think about music. Experts say variety is the key to a better workout. "I like when it's not one long song for an hour," said BodyWork co-owner and fitness instructor Preston Ausbrook.

Ausbrook creates the workout tapes for all the classes at BodyWork. She uses country, folk, techno and pop in her aerobics and weight lifting classes.

"When you like the music you forget you're working out," Ausbrook said. "It helps the time pass."

For her weight-lifting classes, Ausbrook plays tunes with a slower beat. For aerobics she chooses songs with a strong beat. She uses songs people know and can sing along with.

Psychology sophomore Anne Boock said it is important to know the age group and choose what's appropriate for them. Boock said she focused on popular music when she taught aerobics several years ago.

"But you definitely need some cheesy '80s music, too," Boock added. To warm up, Boock suggested listening to R & B music like Lauryn Hill. Then as the workout picks up speed, so should the music.

If you prefer to work-

out in the comfort of your own home, but like the convenience of professional compilations of music, you can order compact discs online.

Check out ProMotion music, a company that specializes in producing exercise mixes, featuring everything from Dave Matthews to the Beastie Boys to Michael Jackson. The selection includes theme CDs (think 1980s).

But rather than take somebody else's advice, you should use music that makes you want to move. Use whatever gets you motivated.

Ausbrook and Boock agree that whatever songs you choose to accompany your workout, they should have a good, steady beat with 32 count phrases. This makes it easy to keep track of exercise repetitions. So you won't end up doing 200 crunches and losing count halfway through.

So get to work. Jungle Boogie, Rhythmation and Superbreak are waiting to make you sweat.

BUSY LIFESTYLES

How to make the most of your time

By Nicholas Hatch
CONTRIBUTING WRITER

7:00 a.m. You're up and have started the java IV. After classes all day and work all evening, you hardly have time to study for your next exam and sleep your full eight hours, or seven, or six... Who has time to exercise?

Not Shannon Kennedy. The health services management junior wants to exercise, but she cannot seem to find a free moment to do so.

"I always have it in my mind to exercise," she said. "But then I think of all the other things that I have to do." Going to the gym is out of the question.

"If I were going to exercise, it would be Tae-Bo or something," Kennedy said.

Kennedy admitted that her roommate does exercise all the time, so it can be done.

Todd Ary and Kevin Patterson, third- and fourth-year architecture majors, would agree. Patterson, who describes himself as a novice body-builder, has no problem getting out

to exercise.

"All of my classes are between two and six, and I'm used to getting up early, so I make the time in the morning," he said.

Ary also exercises almost every day. "If it's something you want to do, then you can find the time," he said. "I feel bad if I don't go to the gym now."

However, not every student feels the need to exercise. Kevin Miller, a political science junior, said he has the time to exercise, but he's just not interested. "I'd rather spend my time playing video games than exercising," he said.

Jennifer Gheen, a dietetics junior, needs the break from her daily routine.

"It's great just to take some time out to relieve some stress," she said.

Gheen works out at World Gym almost every day. But students don't have to leave campus. Amanda Steyn, an advertising sophomore, offered another solution: the Underground, in the basement of Donovan Hall.

"They have a nice facility, and I know they have a lot of (exercise) classes over there," she said.

The Seaton Center, located south of the Kirwan-Blanding Complex, also offers students a nearby workout.

Judy Hatch, a cardiovascular rehabilitation nurse at Central Baptist Hospital, stressed exercising does not require hours at a gym every day. She noted that raising the heart rate just twenty beats per minute is enough to be worthwhile and lower cholesterol.

"You can do that lifting the soap box while you do your laundry," she said.

She added that students should not confuse everyday activity with exercise, however. For those with a limited time budget, she suggested the basics: sit-ups, push-ups, even using ordinary objects like soap boxes to do repetitions.

For those students who cannot make the time to exercise, these solutions may be the only answer until the Earth slows down to allow a 25-hour day.

"We just have too many other things to do," Kennedy said.

SICKNESS

Winter ills: prevention and remedies

By Maya Salam
CONTRIBUTING WRITER

Winter weather is upon us and UK students seem ready with their bubble jackets, toboggans and scarves. But what no student is ready for is that inevitable seasonal cold.

"Being sick in the winter sucks. You don't even want to make an effort because it's so cold outside," said Pamela Carter, a political science sophomore.

Students have their own philosophies on how they caught their cold.

"We get colds because it's cold outside," said Johnny Knightly, a theatre major.

Although this is what many people believe, it couldn't be further from the truth.

Dr. Spencer Turner, director of University Health Service, explained that a cold consists of about a hundred different viruses. These viruses are what cause the symptoms that make you feel ill and they are easy to catch.

"It's hard not to get sick when you go to class and almost everyone there is sneezing or coughing," said Steven Holbrook, an art studio senior.

Turner said it might be possible for the cold weather to put stress on your body, which might make it harder to fight off the virus.

Mostly, though, students get sick in the winter because they are inside and cooped up with those who already have the viruses. Without fresh air, they spread easily, Turner said.

"If you're at Lynagh's, crowded in with a bunch of people, and someone sneezes or coughs, the droplets spread quite easily," he said. If you can't avoid crowded places, wash your hands a lot, Turner recommended.

Everyone's mother, grandmother, uncle and neighbor has advice on how to get rid of a cold but some students have a couple tricks of their own.

"I drink a lot of orange juice and get a lot

sleep. I think Vitamin C really helps me feel better," said Justin Scurlock, an undeclared sophomore.

Amy Durham, an undeclared sophomore, likes hot tea. "I put honey and lemon in it. It helps soothe a sore throat and cough," she said.

Unfortunately, sometimes those that get sick just have to grin and bear it.

"I took two finals with a horrible cold last semester. It was really hard to focus," Carter said.

Others like to think of it as a mini vacation.

"When I get sick, I like to chill at home," Holbrook said. "It gives me a reason to watch 'The Simpsons' reruns."

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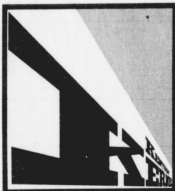
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GETTING GOING

Finding the right tools for the job

Winter sports gear keeps you warm and safe

By Chris Markus
ASSISTANT NEWS EDITOR

If you're going to go ... go prepared.

Outdoor winter sports can be a source of exercise and fun, but can also pose health and safety risks for the ill-equipped.

Most experts on the subject suggest a good pair of shoes and a three-layer system of clothing.

Shoes. If you're going to go out running in the icy streets, shoes with a good tread can prevent slips and falls. Most running shoe companies offer a trail-style running shoe that utilizes a deeper tread pattern than standard running shoes that provide for better grip and stability.

Boots. Waterproof boots may cost a little more than standard hiking boots, but the price is still cheaper than the trip to the hospital to treat hypothermia.

Base Layer. Most outdoor enthusiasts and experts suggest a close-fitting undergarment, such as long underwear, made of materials that pull moisture away from the body. Cotton is cheap, but does the worst job. Try Capilene or some other fabric designed especially to wick moisture away from the body.

Middle Layer. The purpose of this layer is to insulate. Garments made of fleece and wool are optimal insulators.

Shell. This is the outermost layer and should be composed of water- and wind-resistant garments.

In addition to the layering system and a good pair of footwear, outdoor athletes should invest in skin care products to protect against chapping and frostbite.

For those who are interested in very extreme winter sports such as rock climbing and mountaineering, other tools may be needed.

Climbers recommend a set of cramp-ons. Cramp-ons are long steel spikes that are attached to the bottom of a climber's boots used to dig in to the side of an icy mountain or rock. In addition to cramp-ons, an ice axe should be used by serious climbers to scale the icy faces of rocks and mountains.

Make sure you're familiar with the equipment and know how to use them properly before using cramp-ons or an ice axe in the field.

What goes into your body is just as important as what you wear on it when it comes to participating in activities that take place in extremely cold temperatures.

Although enthusiasts debate what meals and products to consume before a run, hike or climb, the content of the food should be composed of high levels of complex carbohydrates and calories. These meals provide necessary energy for high levels of activity, especially in winter weather.

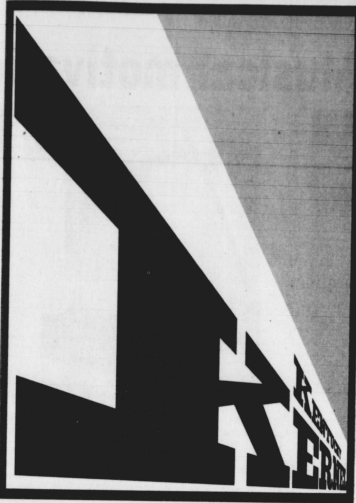
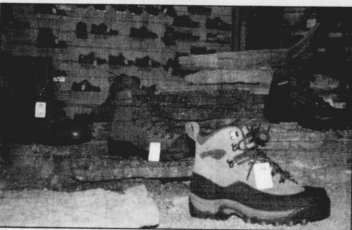
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What to buy

Avid outdoorsmen Sims Bartella, 26, shows off winter apparel to Mike Thomas, 46, at J&H Landmark Store.

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