# MONDAYKENTUCKY



Celebrating 31 years of independence

# More students seeking counseling

National trend: Students are obtaining therapy for depression and anxiety at UK and nationwide

By Abby Ghibaudy

The UK Counseling and Testing Center has seen an increase in students with thoughts of suicide, and more students are returning

for counseling than in past years, counselors at the cen-ter say.

"More students [are] seeking therapy for signifi-cant levels of depression and anxiety, in addition to the

more predictable developmental concerns that we expect to see in traditional-age college students," said Mary Bolin-Reece, the director of the UK Counseling and Testing Center.

The trend of increased help for psychological problems is not limited to UK, it is a nationwide trend that

At UK, 53 percent of students who seek counseling are depressed, 4.5 percent have anxiety problems, 48.7 percent are stressed, 36.7 percent have relationship issues and 36 percent say they have self-esteem and academic difficulties, Bolin-Reece said.

Someone to listen

For more information or to seek help for depression, contact the Counseling and Testing Cen-ter at 257-8701, or contact Men-tal Health at 323-5511

# **ORANGE CRUSH**



End of a season

ob of Tennessee defenders. UT played hard on both sides of the ball, beating UK 24-0.

### Some still healing five years after shooting

**'I don't think that feeling will ever leave':** Witnesses, victims say school shooting has altered lives forever

As Hollon Holm stood in the checkout line at a Wal-Mart last year, the sound of bursting balloons brought back a flood of memories.

memories. "I felt all the color just drain from my face," said Holm, who was wounded by a bullet that grazed his head five years ago Sunday when Michael Carneal, a 14-year-old student, opened fire on a prayer group at Heath High School.

School.
"I don't think that feeling will ever leave."

those killed and others who simply witnessed the carnage. It altered careers, fractured relationships and changed — for a while, at least — how people in westeern Kentucky and throughout the state feel about school security.

school security.
For former principal
Bill Bond, the attack has
meant years of questioning
what he could have done differently to save lives. It also
meant a new career. He now
advises schools on safety issues.

ing will ever leave."

The attack, which killed three students and wounded five, has left physical and emotional scars on everyone who was a part of it: survivors, the families of the walks only in her dreams.

For Sabrina Steger, whose daughter Kayce was killed, it has meant the end of her marriage as she and her husband dealt with their grief in different ways.

For Holm, whose injuries were superficial, it has meant a struggle so solitary that only recently has he been able to talk openlabout it.

"I cried that day, but I remember not crying for the whole year following that," Holm said.

And for Carneal, the atacker who now sits in a psychiatric ward at Kentucky State Reformatory in LaGrange, it means knowing every day that his actions caused so much pain. Carneal was sentenced to life without parole for zyears after pleading guilty but mentally ill.

"I can't change any-

## Science program reaping benefits, researchers say

Education: Young women from Eastern Kentucky learn from female scientists and community mentors

By Elizabeth Van Kersen

By Elizabeth Van Kersen

SMF wattra

The Young Women in Science program, which helps girls
from the Appalachian region pursue scientific careers, is in
stifinal year, and the achievements of the program are already showing, researchers say.

"Initial findings from our research indicate that participants increased their science knowledge and self confidence
in science when comparing before and after test scores," said
Caroline Reid, the program's coordinator. "Twenty-six girls
have completed the project so far, and 24 more will complete
the program at the end of May 2003."

The program, which is run exclusively by UK, began in
1999 to encourage young girls to learn more about science
and perhaps obtain careers in the field.

"The overall goal of the program is to encourage young
women to think about a potential career in drug and alcohol
research," Reid said. "The aim is to increase the stills
of the still of the science of the control of the control of the control
women's scientific, technological and induse research," The organizers of the program, including Carl Lukefield,
the director of the Center on Drug and Alcohol Research, used a \$1.29 million grant from the National Institute on
Drug Abuse, a division on the National Institute on
Drug Abuse, a division on the National Institute on
Drug Abuse, a division on the National Institute of Health,
to fund their program.

Those working with the program hope that the girls will
in the future change the male majority of the science field.
Male and female students take roughly the same number
of science courses in high school, but males are more likely
than females to take courses in the three scientific areas of
biology chemistry and physics, Lukefield said.

Lukefield found this disparity six years ago and believed
that the career paths for female drug abuse scientists should
parallel those of male scientists.

Less than 30 percent of drug abuse grants given by the
institutes were to women scientists.

Less than 30 percent of drug abuse grants given by the
i

abuse research. Lukefield said.

The 50 girls who participate in program represent Lukefield's attempt, to change these trends. The girls come from 14 different counties in the Eastern Keutto.

When the Latern about the excitement of science and the related scientific career opportunities in drug abuse research. Lukefield said. "This project will provide scientific education and mentoring to attract more young women to the field."

Researchers plan to refine the program's curriculum and produce a manual so that other institutions will implement the program.

Researchers plan to refine the program's curriculum and reproduce a manual so that other institutions will implement the program.

The program is a year-round project in which participants attend a three-week summer camp each year at UK, where they are given in-depth training and educated in drug abuse research. During the summer months, an additional 30 of Presearchers provide hands on research opportunities or teach classes. They attend five Saturday sessions throughout the school year in Prestonsburg and at Hazard Community College.

lege. The young women are also paired with female scientists

The young women are also paid of the young women are also paid of the young and community mentors.

In mentoring, "the main goal is to communicate that being a woman in science is real," said Catherine A. Martin, a professor of psychiatry and a mentor for the program. "I think it is a wonderful way for these young women to be supported for their scholarly efforts and to let them see that their dreams of progressing in science can be a reality."

#### The main goal is to communicate that being a woman in science is real."

- CATHERINE A. MARTIN. PSYCHIATRY PROFESSOR AND YOUNG WOMEN IN SCIENCE PROGRAM MENTOR

DEPRESSION
Continued from page 1

Nationwide, suicide among adolescents hat ripled, and on college campuses. 1,088 suicides occure ach year, according to the National Mental Health Associations of emerging adulthout the suicide among adolescents has tripled, and on college campuses. 1,088 suicides occure ach year, according to the National Mental Health Associations of emerging adulthout the suicide among adolescents has tripled, and on college campuses. 1,088 suicides occure ach year, according to the National Mental Health Associations of emerging adulthout the suicide among adolescents has tripled, and on college campuses. 1,088 suicides occure ach year, according to the students, "Buckley said he is not suicides will continue or abate. But it's not a bad thing health services at college mental health services is spositive because it may help to all the suicides and the suicides agreemental health services is spositive because it may help to all dication," he said.

Psychologists at UK have asked for a new position to be filled to better accommodate students in each. The position hay be filled next summer. "Currently, the wait for a patient wanting an initial appointment is about two

dict," she said. "Seeking pro-fessional help is a sign of strength, not weakness, and of a willingness to utilize available resources."

#### **Symptoms** of depression

•Persistent sad, anxious or "empty" mood

\*Sleeping too much or too little

Loss of appetite and weight
loss, or increased appetite and

loss, or increased appetite and weight gain.

No longer interested in activities once enjoyed. Restlessness, irritability Persistent physical symptoms that do not respond to treatment

"Difficulty concentrating, remembering or making decisions

membering or making decisions •Feeling guilty, hopeless or •Thoughts of suicide or death

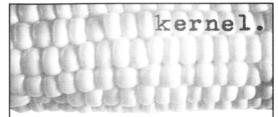
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nient to UK





Part of a balanced diet.

#### SHOOTING

Continued from page 1

from Thanksgiving break. Carneal, who had stolen a cache of weapons from the father of a friend, brought the guns to school that morri-ing, wrapping several long guns in a blanket and telling his sister and teachers the bundle was a prop for an English project.

English project.

He had warned some students that something big was going to happen that day, but didn't say what. As the prayer circle ended, he opened fire with a 22-cailber handgun, not aiming at anyone in particular.

Jenkins said 14-year-old Nicole Hadley was the first to be shot, hit in the forehead. There were a few more single shots, and then a flurry.

"It was like he figured out that if he just held down on the trigger, the gun would keep firing," said Jenkins, who froze, unsure whether it was real or a wild practical

In the flurry, Jenkins was hit in her chest. Her spinal cord was severed.

was in in the clear test test spinal cord was severed. Holm was walking away from the group when the shooting began. He doesn't recall what happened next—only regaining his senses after a bullet grazed his right temple to see Carneal laying the gun on the ground.

"If the bullet had been one inch to the left, I wouldn't be talking to you today," be said. "But it's what I saw after I was shot that bothers me most ... seeing the people on the floor."

Bond heard the shots

on the floor."

Bond heard the shots and bolted from his office. He moved toward Carneal, using a ceiling support column as a shield. When he got within a few feet, Carneal put the gun on the floor.

"I looked at him and he

just had this glazed look in his eyes," Bond said. "When I got the gun, I told him to go to the office and sit down. He didn't react any more than if I had caught him smoking in the boys' room."

I had caught him sinoking in the boys room."

In the aftermath, Steger, Hadley and Jessica James lay dying on the floor. Jenkins, Holm, Craig Keene, Kelly Hard and Shelly Schaberg were bleedling from their wounds.

Carneal says he killed, in part, because he had been bullied and mocked, a common claim in school shootings.

Jenkins has responded by using her story to put a human face to what happens when there is gun violence in schools.

"I am the best person to

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in schools.

"I am the best person to show what violence can do," said Jenkins, who is studying at Murray State University to be a social worker. The shooting "has kind of given me a purpose for what I want to do for the rest of my life," she said.

# **K**yTrade



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#### UK Students for Life

It was fall semester 1993 and I was a freshman who had big hopes of

becoming an artist and living the "American Dream." I was constantly looking for fulfillment in whoever I was dating at the time. I believed that I would be content and happy if only I had that special someone to share my life with. I sacrificed everything in my pursuit of "true love" and "happiness" including my child. I believed that my baby was not yet a person because I had been constantly fed that lie through high school. I wanted to believe that my baby was more like an animal going through evolutionary changes. I wanted to believe that he couldn't feel anything, and I wanted to believe that he was just a blob of tissue. My heart was telling me that all of those things were lies but I wanted to believe them because I had reached the height of selfishness by making my own priorities more important than human life. It was only after my abortion that I found out the truth. For years after that I suffered the impact of the choice I had made as I became

more aware of just how human my baby was. I never found the contentment and happiness that I was looking for in my career or in another person but I did find True Joy and True Love in the saving grace of Jesus Christ. Come hear the whole story on Tuesday night!



9:00 p.m. Tuesday December 3<sup>rd</sup> Wesley Foundation (508 Columbia Avenue) ukstudentsforlife@yahoo.com

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WEDNESDAY DEC. 3

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SATURDAY DEC. 6

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Vivaldi, Purcell and lbel.

Pachelbel.

Anthony said Canadian pianist Glenn Gould's legendary recordings of Bach's Goldberg Variations inspired the group's own 1999 version. It won an Echo award, the German equivalent of a Grammy.

Still Anthony

the German equivalent of a Grammy.
Still, Anthony said the group tries to maintain a broader appeal.
"Brass instruments lend themselves to different types of music," he said.
Thursday's concert will feature several jazz selections.
"We enjoy the challenge of playing jazz," Anthony said. "It opens up our audiences."
And he said the audience

es." And he said the audience what's most important to

"What we enjoy the most is interacting with the audi-ence," he said. "When we see the expressions and hear the response, it gives us energy."

#### **Hear the Brass**

Thursday, Dec. 5, 8 p.m. Singletary Center for the Arts

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stitute of Religion: History of The Church of Jesus lat of Latter-day Saints, 12:00-12:50pm, UK Medical

BPORTS
"UK Hockey Game vs. Ohio State, Midnight, Lexington ice Center,
"Tae Kwon Do practice, 5:30-7:00pm, Alumni Gym Loft
ARTS:MOVIES
"Viola Recital, Modesto Marcano, 12:00Noon, John Jacob Niles Gr
Lucille Cavdill Little Fine Arts Library

practice, 11:00am-12:30 pm, Alumni Gym Loft on Sun 8

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#### WEEKINREVIEW

Here's a look back at events and issues from last week. If you want to sound off on any of these, e-mail the Dialogue desk at dialogue@kykernel.com

#### THESDAY

Lexington Mayor-elect Teresa Isaac appointed two UK staff members and one former staff
member to commissioner positions for her upcoming mayoral term.

UK Police Chief Rebecca Langston, Alayne
White, the director of the UK Institute on
Women and Substance Abuse, and Kathleen DeBoer, a former senior associate athletic director,
were among those named.

Langston who has bean UK's police abited.

were among those named.

Langston, who has been UK's police chief for five years, was named the public safety com-

for the years, we missioner white was appointed commissioner of so-cial services, which includes moving the May-or's Training Office under Social Services. DeBoer was named the general services commissioner.

The Lexington-Fayette Urban County Government Council voted to begin drafting an ordinance that would ban smoking in all restaurants, bars and tawerns.

Eight of the council's 15 members voted in favor of the proposal, including Dick DeCamp, whose district includes much of the UK campus. Those in favor of a ban deemed quick action necessary because the state legislature could move to pre-empt local bans when it reconvenes in January.

Councilman David Stowens is the Assistance of the Council

in January.

Councilman David Stevens is the chairman of the council's smoke-free task force, and he said he hopes the council will vote on an ordinance by Dec. 12 before a new council is sworn in.

Two of the eight supporters, Richard Maloney and Willy Fogle, will not return for another

#### THURSDAY

Terrorists launched coordinated attacks on Israelis in Mombasa, Kenya. Terrorists fired shoulder-launched misselies at an Israeli passengriet, which missed their target, and moments later three suicide bombers drove to the door of an Israeli owned hotel and detonated their explosives.

The bombandarian of the coordinated their explosives.

an israei-lownen note and defonated their explosives. The bombers' attack on the seaside Paradise hotel killed themselves and 12 others, including nine Kenyans and three Israelis. The resort was a popular destination for vacationing Israelis. Hours later in Beit Shæn, Israel, two Palestinian gunmen opened fire at a bus station near a polling location for the Likud party primary. Four Israelis were killed at the scene, and a fifth later died of his wounds. The two Palestinians were killed after an exchange of gunfire with Israeli police and soldiers who were at the bus station, Israeli officials said.

An oil slick from the sunken tanker Prestige has begun washing ashore the northwest coastline of Spain, the Associated Press reported. The spill hit towns and beaches along the Galician coast. A 10-inch thick coat of oil covered the beach and rocks and Muxia.

The wrecked tanker is more than 100 miles off the coast and two miles below the surface.

The ship held about 20 million gallons of fuel. About 15 to 20 percent of the cargo is thought to have spilled.

U.N. weapons inspectors toured an airfield in corn country north of Baghdad, the Associated Press reported.
Iraqi experts had engineered devices for bombarding an enemy from the air with sprays of deadly microbes at the site.
They checked equipment sealed and tagged by U.N. teams in the 1996 but found none of the advanced spray systems unaccounted for since the Gulf War. The inspectors kept their findings confidential, pending later formal reports.
In their first week of inspections, U.N. officials visited a dozen Iraqi sites with links to weapons programs in the 1996.
A second U.N. team inspected an aircraft enjer repair and testing facility 10 miles north of Baghdad.

#### WHATTOEXPECT

U.S. Sen. John Kerry, D.Mass, said Sunday he is taking the first step toward running for president in 2004. He is forming a committee to explore the possibility of a White House bid, but said an official announcement is months away. Two other potential candidates, former vice president Al Gore and North Carolina Sen. John Edwards, are expected to announce their plans about the 2004 elections after the Christmas holidays.



IN OUR OPINION

# Free speech not easy

Those considering a proposal to regulate offensive speech at Harvard Law School should remember

Wendell Holmes and William Brennan.
Holmes and Brennan heavily influenced First
Amendment protections in the United States, with Amendment protections in the United States, with Holmes developing his now famous "clear and present danger" test in 1919 and Brennan creating the "actual malice" standard for libel cases involving public figures in 1964.

But the pair never dealt with campus speech codes. And now, at their alma mater, the right to free speech they protected is being threatened by a proposal to regulate speech deemed offensive.

Members of the Black Law Students Association

Members of the Black Law Students Association have called for the policy, after an escalating series of race-related controversies over the past year. The problems began when a student used the slur "nig" problems began when a student used the sturfing in a course outline posted online. Students protested, prompting an e-mail from another student, saying "if you, as a race, want to prove that you do not deserve to be called by that word, work hard and you will be recognized." A professor then stepped down from teaching and offered to defend the e-mailer in a mock

A committee appointed by the law school dean in the wake of the controversies is considering a pro-posal to regulate offensive speech at the school. Such a policy would be detrimental to the "market place of ideas" concept, a metaphor Holmes coined in a 1919 dissent, which explains the need for an open discourse in society. The proper response to speech deemed offensive is a well-thought out argument, not

censorship.

Harvard Law School is, of course, a private institution and may have the power to stunt speech, unlike government.

But a policy stifling speech would not stifle the idea floating in someone's mind. An idea that could later manifest itself in hiring practices, college admissions or even common courtesy. The policy would also be problematic. Would the school also ban every word or idea deemed offensive by Jews, whites, Hispanics and Asians?

No doubt Harvard desires civility at its law school. But the First Amendment does not ensure civility Instead, the First Amendment allows people to speak freely – and ignorantly. Officials should consider this, and the school's famous alumni, as they weigh the possibilities of a ban on speech.

# After riots, reconsider drinking age

Joe Pirone

The preent riots near the Ohio State University campus were, as all similar riots have been, an inexcusable abomination. Students and non-students who were involved should be expelled. Students and non-students who were involved should spend time in jail.

City officials in the future would be justified in instituting a curfew to keep people off the operation of the state of the

example of this phenomenon, recall the Prohibition Era in the 12920 United States.)

When one is already engaging in "illegal behavior" simply by drinking, a relevant line has already been crossed, and it before the control of the property of the control of the property of the control of th

constructively as an issue of student health and welfare, rather than as a discipline issue. For students with drinking problems, this could be a life-saving shift.

Lowering the drinking age to the students of the students to socialize more with older students to socialize more with older students, allowing older students to model responsible, more mature drinking behavior. Over time, this would help to change the culture surrounding drinking among our young people.

Many argue lowering the drinking age would cause the drinking age would cause the drinking age would cause the furning-related injuries and deaths to skyrocket. But if this is the problem about which we are concerned, then this is the issue our law should address. We should not discriminate against an entire age cohort of citizen because of the structure of the st

permanent license revocation and a long jail term.

We must adriving after divide the second of the light of the second of the light of

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THE COMMIC INTERILIDE



# **Volunteers end Cats' season** with a dominating shutout

Knoxville knockdown: Suspensions, bad offense result in another UT rout

KNOXVILLE, Tenn. — It wasn't supposed to be the typical UK-Frennessee game, but, in the end, it was as typical as it could get.

Saturday's result was a commanding 240 shutout victory by the host Volunteers that extended UT's winning streak over UK to 18 and 18

Going
nowhere
UK wide receiver Aaron Boone
struggles forward for a few
yards, but was
unable to break
a Tennessee
tackle. UK,
which entered
the game
ranked first in
the conference
in offense,
managed only
172 yards in
the game and
went scoreless
in its season finale.

looked to redshirt freshman Alexis Bwenge to handle the rushing duties.

Bwenge gained 35 yards on 10 attempts, but he was stopped on a key third-down-and-two play to stall UK's 16-play opening drive inside the 10-yard-line. A missed field goal attempt by kicker Taylor Begley kept the Cats scoreless with 7:13 left in the first quarter and was a sign of misfortune to come.

"I got nervous Thursday when I found out about the off-field problems and we kind of lost our focus." UK coach Guy Morriss. Sustant of the control of the coach gray over to the ballgame, and when I found this would warry over to the ballgame, and we just came out really flat."

When Pinner did play, he and quarterback Jared Lorenzen were inefficient.

Pinner rushed for a sea-

son-low 51 yards on 11 carries and fumbled for only the second time this season, ending a UK scoring threat in the second quarter.

Lorenzen completed 9-of-24 pass attempts for 59 yards.

The Cat offense managed only 172 yards for the game.

"We shot ourselves in the foot time and time ganin." Lorenzen said.

Lorenzen's GR counterpart, Vol Case QR counterpart, Vol Case

also effective in drawing UK offside with the verbal cadence of his snap counts.

Of UK's 13 penalties that accounted for 76 yards, seven were offside flags.

"We jumped offside, we had cornerbacks lined up offside," Morriss said. "We were just trying to anticipate the snap and get off the line, but we didn't do a good job."

Tennessee (64, 53 SEC) now awaits a likely invitation to the Peach Bowl. UK, whose season is over-centure see season is over-centure to be considered a success described by the considered a success despite its brutall typical end. "This one will hurt for a day or two." Morriss said. "but we're not going to dwell on it. We finished with seven wins, and we're going to accentuate the positives."

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