

# KENTUCKY KERNEL

CELEBRATING 35 YEARS OF INDEPENDENCE



Hockey team celebrating more offense since last year's mid-season additions

See PAGE 3

## Bedbugs bite campus

Lexington has seen 19 bed bug cases so far this year — including one in Blanding Tower

See PAGE 6

## Hall director resigns after 4th harassment report

By Sean Ross  
sross@kykernel.com

The former director of Haggin Hall and Holmes Hall resigned last month in the wake of sexual-harassment charges strewn out over the past three and a half years.

Brian Bowman resigned Sept. 11, the day after the fourth sexual-harassment complaint during his employment was brought against him. Bowman was the director of Holmes Hall this semester and served as Haggin Hall's director from fall 2003 to last spring.

During the fall 2003 semester, a resident adviser in Haggin claimed that Bowman made unwanted sexual advances toward him.

"These behaviors were described as

the rubbing of his back, the flicking of his car, and the playing with his hair," said a formal letter to Bowman from Marcia Shroud, assistant director of North and Central Campuses for Residence Life dated February 13, 2004.

The RA who brought the charges also shared with UK officials a copy of an instant message conversation between him and Bowman, in which Bowman tried to convince the RA to participate in "bisexual exploration." Bowman later said he was joking during the instant message conversation, according to the letter.

About a year later, an RA in Haggin brought complaints against Bowman. According to another formal letter Shroud sent Bowman on March 10, 2005, the RA claimed Bowman

"grabbed (his) genitals" while they were around each other. Bowman denied grabbing himself.

The next fall, an RA claimed Bowman "touched his ear and the back of his neck in a way that made him feel uncomfortable," according to another formal letter sent to Bowman from Tony Ralph, associate director of residence life, on April 21, 2006.

In February 2006, following the third complaint, Bowman was found in violation of UK's sexual-harassment policy. He was placed on disciplinary probation for the rest of the semester and was required to take a sexual-harassment prevention training program.

Bowman was warned in the letter from Ralph that "any additional violation of the University's sexual harass-

ment policy during your employment may lead to immediate termination of employment."

In September, Andy Hartley, then the assistant director of Holmes Hall and now the interim director, reported to Ralph that an RA claimed he had "a number of uncomfortable incidents involving Brian."

"He explained in one particular situation Brian invited (the RA) down to his apartment," said the e-mail from Hartley to Ralph. "Brian showed (the RA) a number of sexual items. Upon leaving the apartment (the RA) was handed a porn magazine."

The e-mail quoted Brian as telling the RA he was trying to "help out a fellow gay."

Bowman resigned through e-mail

the next day, said UK spokeswoman Gail Hairston. The UK employee separation form in Bowman's personnel file indicated that he voluntarily resigned in anticipation that he would be fired.

Holmes and Haggin Hall directors declined to comment on the situation, as did Residence Life officials.

UK released a statement last week stating that the case was handled correctly.

"In regards to Brian Bowman, all policies and procedures were followed consistently by the university with appropriate steps taken in the course of the investigation," the statement said.

"This case was handled properly with the safety and protection of all parties as a priority."

See Director on page 6

## Women share emotional abortion experiences

By Meghan Cain  
mcain@kykernel.com

Tears, hugs and emotion defined the mood in Memorial Hall last night, as six women spoke out about their experiences with abortion.

UK Students for Life hosted the event Silent No More, where women raised awareness about the results of abortion by telling their stories.

Alissa Santor, an elementary education senior and president of UK Students for Life, said she decided to bring this event to campus because many women at UK and around Lexington may be suffering from what she describes as the pains of abortion or may be considering abortion.

"These women (the speakers) are the true faces of what abortion can do to women," Santor said.

About 35 people were present at this event, which began with a video explaining the Silent No More campaign. It said abortion causes pain and creates an overall sense of emptiness.

"This is a gathering of women who share a common bond — each had an abortion," said Kathy Rutledge, a speaker last night and regional coordinator for the Silent No More campaign in Eastern Kentucky. "We want everyone to know abortion isn't a simple procedure. It has caused us more pain and suffering than we ever thought it would."

Rutledge said the women speaking that night were the "missing voices of truth." She said the truth was that abortion does hurt women.

Each woman that spoke came from a different background. Some went to college, some were abused growing up, some were married, and some were single — but all were linked through abortion.

"We have all suffered from shame and the fear of judgment by our family and friends, the people who are generally supposed to support us," Rutledge said.

All of the women also spoke that once they were in the abortion room, the doctors and nurses would not allow them to change their minds and keep their child.

"I was surprised at the many women that talked that they couldn't go back on their decision," said Jean Jainsid, a freshman classics major. "The doctors and nurses seemed so insensitive to their feelings."

The women also emphasized that their religion

See Abortion on page 6

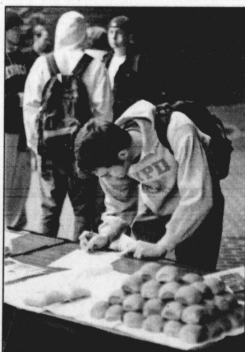


## swing low

A UK club invites Lexington residents to enjoy music and dance circa 1930. The HepKats swing dance class meets every Monday night from 8:15 to 9 at the Tates Creek Recreational Center.

Above: A couple looks on as Mike and Mary Richardson, center, teach the swing dancing class last night at the Tates Creek Recreational Center. Right: Couples pair up during the class put on the UK swing dance club.

PHOTOS BY KASHA STEVENSON [STAFF]



BLUOT HESS [STAFF] John Carr, a chemical engineering freshman, signs up yesterday for the battle against world hunger during the presentation by Project Compassion.

First issue free. Subsequent issues 25 cents.

## Group calls for collegiate action in world hunger

By Katie Saltz  
ksaltz@kykernel.com

Anyone who walked in front of the Student Center yesterday could grab a piece of bread or a vegetable for a quick snack on his or her way to class.

These students were fortunate enough to eat yesterday, but 852 million others went to bed hungry, according to the World Food Program.

Project Compassion, a group from Georgetown College, raised awareness as part of World Hunger Day yesterday on UK's campus. The group handed out food and pamphlets to students and faculty came by to discuss world hunger and what Kentucky colleges are doing to help the cause.

Janet Tietyen, an associate extension professor, spoke about the importance of getting UK's students to aid in

See Hunger on page 6

## Ag. dean scholarship hopes to raise funds with ice cream

By Blake M. Tyra  
ntyra@kykernel.com

The Dr. Larry Turner Scholarship Fund will be getting some help from the community again today — this time from ice cream.

The Educators of Family and Consumer Sciences, a student organization in the College of Agriculture, will be at the Chevy Chase Cold Stone Creamery to raise money for the fund.

Turner, who died in the Flight 5191 crash, was the associate dean for extension and director of the Cooperative Extension Service at the College of Agriculture.

"I hope that everyone can get out and support this great cause," said Andrea Baker, the EFACS community chair.

The event, which will last from 5 p.m. to 8 p.m., will feature "Celebrity Scoopers," where notable people — such as the dean of the agriculture school and several of its pro-

fessors — will be scooping ice cream for patrons.

Cold Stone will donate \$1 to the scholarship fund for every customer that comes in and says he or she is there for the scholarship event.

Baker said she picked Cold Stone because the company is "big on community."

"Cold Stone is always interested in helping the community," said Cherise Wilson, who owns and operates the Chevy Chase store along with her husband, Lamar.

Wilson said that most fundraisers at her location raise between \$200 and \$250.

"But Angie (Baker) has just taken it to a whole new level," Wilson said, referring to the amount of publicity.

Baker has contacted local television stations and newspapers in order to publicize the event.

"I'm hoping that we can get at least 500 people," Baker said.

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## Horoscopes

By Linda C. Black  
To get the advantage, check the day's rating: 10 is the easiest day, 0 the most challenging.

**Aries (March 21 - April 19)** Today is an 8 — Even if you've done the job a million times before, look at it objectively this time. Something about it has changed.

**Taurus (April 20 - May 20)** Today is a 7 — You're very popular but you can't make your decisions based on what others want you to do. You have to take care of your own, first.

**Gemini (May 21 - June 21)** Today is a 7 — It's not always easy to get a group to work cheerfully together. Knowing each other very well doesn't always help. Be per-

sistent.  
**Cancer (June 22 - July 22)** Today is a 7 — You're quick, and that's very useful now. You don't have time to waste. And since time is money, don't waste any of that, either.

**Leo (July 23 - Aug. 22)** Today is a 7 — Postpone the celebration for a while. You're too busy gathering up all the chips. Don't count them yet, either.

**Virgo (Aug. 23 - Sept. 22)** Today is a 6 — Take a deep breath; it's almost time for you to make your move. You've rehearsed; don't hesitate. You'll perform brilliantly.  
**Libra (Sept. 23 - Oct. 22)** Today is a 7 — You've been avoiding a messy task because, well, it's messy. You'll feel so much better after it's done. Just do it.

**Scorpio (Oct. 23 - Nov. 21)** Today is a 6 — Don't let other people's opinions keep you from your objectives. It's useful to know what

they are, however. Listen carefully.  
**Sagittarius (Nov. 22 - Dec. 21)** Today is a 6 — It might be good to find out what's going on behind the scenes. If you want to know the truth, follow the money trail.

**Capricorn (Dec. 22 - Jan. 19)** Today is an 8 — There's a slight lull in the battle, so figure out your next move. Make a list of the dangers that might lurk ahead, so you'll be more ready for them.

**Aquarius (Jan. 20 - Feb. 18)** Today is a 6 — You're providing the security, in an otherwise shaky situation. Don't look to others for help; be a provider.

**Pisces (Feb. 19 - March 20)** Today is an 8 — When you solicit opinions, you may not like what you hear. It's probably for your own good but do be careful whom you ask.

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## the Dish

# CLUB CATFIGHT Paris vs. Shanna

Me-ouch! Drinks, insults and possibly fists flew when Hilton and Moakler clashed in Hollywood

West Hollywood hot spot Hyde is a haven for young celebrities, like Lindsay Lohan and Jessica Simpson, who cram into the tiny, uberexclusive club night after night to dance to star DJs, sip mojitos and munch mini cheeseburgers. In the early morning hours of Oct. 4, however, a decidedly different scene unfolded, and it ended with two stars filing police reports — both alleging assault.

According to an eyewitness, the incident began at 12:45 a.m., when Paris Hilton arrived with ex Stavros Niarchos. Also there was former friend Shanna Moakler, who maintains Hilton began seeing her now-estranged husband, Travis Barker, before he filed for divorce in August. (Hilton and Barker both deny the affair.) Forty-five minutes later, the hotel heiress, 25, and the former Miss USA, 31, came face to face on the staircase and, at least by Hilton's account, it was also face to fist.

### Fight Club

So what happened? A Hilton pal tells Us, "Paris and Stavros were at the top of the stairs, and out of nowhere Shanna walked up and punched her in the left jaw." Not so, says Dancing With the Stars' Cheryl Burke, who was with Moakler that night. She told E! News, "Shanna did not punch Paris in the face ... not even close." A Moakler source concurs, telling Us, "She was making her way up the staircase and the two began arguing. She called Paris a 'home-wrecking bitch.'" Then Stavros

stepped in front of Paris and pushed Shanna down five stairs." The source tells Us that after Moakler regained her composure and came back up the stairs, Niarchos, 21, grabbed her wrists and threatened to hit her in the face. The source continues, "Shanna yelled back, 'Hit me, dude, you're a man, go ahead ...' (Hilton) doesn't even want you, she's f---ing my husband, and you'd hit me to protect her." The Greek shipping heir then threw a drink in Moakler's face.

A Hilton friend confirms the drink-throwing but says Niarchos, who is contemplating suing Moakler for defamation, never threw the Dancing With the Stars castoff down the stairs. "She tripped. No one pushed her." While Moakler's rep alleges Niarchos assaulted her, Hilton says she is the victim. "She did hit me," Hilton tells Us. "There are dozens of eyewitnesses."

### Blame Game

Although the truth of the staircase incident is still undetermined, it's a fact that immediately following the fight, Moakler drove to the L.A.P.D.'s Hollywood Division to lodge an assault complaint against Niarchos. One hour (and outfit change) later, Hilton made a trip to the same police station to file her own official grievance. And on October 9, she asked for a restraining order against her alleged attacker. "She's in danger," a Hilton friend tells Us. "She has recordings that Shanna

left on a friend's answering machine saying, 'I'm going to pummel that skinny bitch.'"

Does either of them have a case? Although no arrests have been made, L.A.-based criminal defense attorney Anthony Salerno tells Us, "the city attorney could certainly prosecute if they wanted to." For Niarchos, that could mean misdemeanor or felony charges for battery, criminal threat and false imprisonment (the alleged grabbing of Moakler's wrist), while Moakler could face battery charges. Says Salerno, "If the facts are true, crimes were certainly committed."

### Paris & Shanna: Bitter History

**2000** Hilton starts dating Moakler's former fiance, boxing champion Oscar De La Hoya, (a little too soon) after they split, claims Moakler.

**August 8, 2006** Barker files for divorce. Pre-split, Moakler finds intimate e-mails from the heiress to her husband, says a source. "I feel deceived," Moakler tells Us in September.

**Oct. 3, 2006** Before hitting Hyde, Hilton and Barker cuddle in a cabana at a Rolling Stone bash in L.A.

**Oct. 6, 2006** Barker and Hilton snuggle at L.A.'s Social House. The next day, a Hilton pal tells Us, she ends the romance because "there was too much drama."

—Mark Cina

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# SPORTS

Jonathan Smith  
Sports Editor  
Phone: 257-1915  
E-mail: jsmith@kykernel.com

## net finders



ERIC THIGPEN | STAFF

Cool Cats sophomore forward Chris Protencic skates against South Carolina earlier this year. Protencic, along with fellow sophomore forward Tommy McCurrie, joined the team during the second half of last season, and have helped increase the scoring output since then.

## Scoring duo lifts offense

Pair has made impact since joining team mid-season last year

Travis Waldron  
sports@kykernel.com

Limping into the second half of last season, the UK Cool Cats were struggling on offense and had a losing record.

But that was before forwards Chris Protencic and Tommy McCurrie joined the team after Christmas and helped lead the Cool Cats to a seven-game win streak at the season's end.

"(Protencic and McCurrie) are both playmakers," said sophomore Tony Valerino. "Chris has great touch around the net, and Tommy is a textbook skater. They really made our offense better."

Protencic, a sophomore from Louisville, had been participating in junior hockey — a league for players under 20 years old — when he decided to head back to college.

"I left my senior year of high school to play hockey in Los Angeles," Protencic said.

He played on junior teams in California, Ohio, Missouri and Texas before landing at UK.

McCurrie, also a sophomore, followed a similar path, playing junior hockey in Peoria, Ill., before enrolling at UK in the spring.

"We went up to Cincinnati to watch him play juniors," head coach Rob Docherty said about McCurrie. "We talked to him a little bit and hoped he came to UK if he chose to go back to college."

Originally from Chicago, McCurrie grew up playing hockey with Cool Cats captain Mike Barnes, and senior goalie Drew Matichak.

"We played together as kids," McCurrie said.

"They told me how great the crowd was and how great it was to play hockey here."

McCurrie's past experience with junior forward, Mike Barnes, helped his on-ice transition to UK. The two learned to skate together, and they played on the same teams throughout the junior leagues.

"He's like the left side of my brain," Barnes said. "He's another me, and I'm another him. We know exactly what we're doing at exactly what time."

McCurrie agreed. "It's just natural," McCurrie said of his connection with Barnes. "We know where each other are on the ice, we know where each other are going next."

"It just clicks," Protencic didn't have the luxury of joining a former teammate on the ice at UK, but it hasn't taken him long to catch up to McCurrie and Barnes' cohesion.

"Now (Protencic) is one of us," Barnes said. "Once you get to a certain level, you have a sense of hockey skills. Now we've played with Chris, and he fits in great."

After coming on late last season, both McCurrie and Protencic figured to be big contributors this season. Protencic played only four games last season before injuring his shoulder, but he still managed to score nine goals. McCurrie added 10 goals and 12 assists in the nine games he played.

While McCurrie has delivered on those expectations — he has scored four goals in seven games — Protencic's production has been a little slower.

Though Protencic did not score in the first six games of the season, when the team was down 1-0 to Indiana on Saturday night, Protencic came through on a breakaway to even the score.

"I came in having high expectations for myself," Protencic said. "But I've been making decent plays; I just haven't found the net (that much). I know it'll come, so I'm not too frustrated."

Barnes said he isn't too worried about Protencic. "Last year, we played teams that we could score a lot of goals on," Barnes said. "Now we have to work for goals. (Protencic) is working hard; he's just not getting the breaks right now."

Protencic had to overcome injury to get back on the ice this season. When he came to UK, he had already had surgeries for torn tendons, a dislocated shoulder and a torn labrum.

"It's been tough getting my strength back, but it doesn't hold me back too much," Protencic said. "I can still play; I just can't fight."

With Protencic and McCurrie adding to the team's offensive firepower, the team thinks it has what it takes to make a run to nationals.

"It's coach told us he'd see us at nationals this year," McCurrie said. "I think we have the team to be there."

"(Protencic and McCurrie) are both playmakers. Chris has great touch around the net, and Tommy is a textbook skater. They really made our offense better."

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UK sophomore forward

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| Tuesday 17 <sup>th</sup>   | Wednesday 18 <sup>th</sup>  | Thursday 19 <sup>th</sup>  | Friday 20 <sup>th</sup>   | Saturday 21 <sup>st</sup>  | Sunday 22 <sup>nd</sup>   |
|--|---|--|---|--|---|
| <ul style="list-style-type: none"> <li>UK Students for Life Meeting, 8:00 PM, 115 Student Center</li> <li>BINGO, 7:00 PM, STUDENT CENTER CATS DEN</li> <li>BIO 425 Seminar, 10:00 AM</li> <li>Alpha Phi Omega, 6:30 PM, 359 Student Center</li> <li>Pre-Physical Therapy Student Association Meeting, 7:30 PM, Gallery Room of Young Library Cheap Seat Tuesdays Presents: Talladega Nights - ONLY \$1, 8:00 PM, Worsham Theatre (Student Center)</li> <li>Internship Information Session, 11:00 AM, 101 Stuckert Bldg, 408 Rose Street</li> <li>Baptist Campus Ministry - TNT - Tuesday Nights Together, 7:30 PM, Baptist Student Center - 429 Columbia Ave.</li> </ul> | <ul style="list-style-type: none"> <li>University Christian Fellowship, 8:00 PM, 230 Student Center</li> <li>Tutoring at Bryan Station Middle, 4:00 PM, Bryan Station Middle</li> <li>Internship Information Session, 12:00 PM, 101 Stuckert Bldg, 408 Rose Street</li> <li>Adobe Photoshop Workshop, 6:00 PM, Fine Arts Library</li> <li>Wildwater Cats Roll Session, 9:00 PM, Lancaster Aquatic Center</li> <li>La Table Francaise, 3:30 PM, 357 Student Center</li> <li>Comedy Caravan w/ Pat Godwin, 8:00 PM, Student Center Cats Den</li> <li>LECM Food for Body and Soul, 5:05 PM, St. Augustine's Chapel on Rose Street</li> </ul> | <ul style="list-style-type: none"> <li>Feminist Alliance Meeting, 7:30 PM, Commonwealth House of the Gaines Center on Maxwell St.</li> <li>Theoretical Thursdays Presents: Michelle Belanger, Psychic Vampire, 8:00 PM, Memorial Hall</li> <li>Freshman Focus - Baptist Campus Ministry, 7:30 PM, Baptist Student Center - 429 Columbia Avenue</li> <li>Synergy, 8:00 PM, Christian Student Fellowship Building</li> <li>The Spirit of Ramadan, 5:30 PM, 230 Student Center</li> <li>Making the Most of Your Internship, 3:30 PM, James W. Stuckert Career Center 408 Rose Street</li> <li>China town, 10:00 PM, Center Theater in the Student Center</li> <li>Dance/Blue Chairs Meeting, 5:30 PM, 203 Student Center</li> </ul> | <ul style="list-style-type: none"> <li>The Killers (1946), 10:00 PM, Worsham Theater in the Student Center</li> </ul> | <ul style="list-style-type: none"> <li>Saturday Morning Clinic Project Health, 9:00 AM, Dental Clinic</li> </ul> | <ul style="list-style-type: none"> <li>UK Ultimate Frisbee Organization, 10:00 PM, Intramural Fields</li> </ul> |

**GO CATS!**

# OPINIONS

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## In tragedy's wake, fix remaining drainage problems

It's a sad reality that it often takes a tragedy to get people to take notice of infrastructural problems that are in desperate need of fixing. Unfortunately, that's what has happened in the case of storm-water drainage on and around UK's campus.

Last month, two women — Lauren Fannin, a UK pharmacy student; and Lindsey Harp, a UK nursing school graduate — drowned in the flooding on Nicholasville Road and Alumni Drive.

Since Fannin's and Harp's deaths, the handling of flood water has become a political issue in races for seats on the Lexington Fayette Urban County Council, especially in

### KERNEL EDITORIAL

the 3rd District, which includes UK.

Don Pratt, who is challenging incumbent Dick DeCamp for the 3rd District council seat, has blamed UK for the drownings.

"Much of the runoff and drainage problem is a result of UK, and they must take responsibility for their part in the problem," Pratt said in a news conference Oct. 5. "I know UK has scientists and engineers and landscape architects — why are they not addressing this issue?"

Pratt's rhetoric missed a basic fact: The university is addressing drainage problems

and has been doing so since before the drownings.

UK has been working with Lexington on drainage since 1993, when the university switched from state guidelines to local codes in order to help alleviate water runoff from campus into the city, said Bob Wiseman, UK's vice president for facilities management, in the Kernel last week.

"We've been working very well with the city for a number of years," Wiseman said. "A lot of the community doesn't realize that we do detention (creating drainage systems) for our new construction."

But even if Pratt's sensationalistic claims

are more rhetoric than reality, it is true there is much progress left for UK to make in improving the handling of storm water on campus.

Keeneland Hall experienced a blackout on Sept. 22 and 23 when its basement flooded. And drainage along Funkhouser Drive causes flooding from the Funkhouser Building down to the Business and Economics Building, Wiseman said in the Kernel.

UK's drainage experts should find a way to fix these problems. The consequences of flooding — from inconveniences like power outages to tragedies like last month's — should be prevented whenever possible.

## To see success again, UK should keep up its diversity efforts

UK weathered a disaster following a sharp downturn in black enrollment by hanging tough, aggressively recruiting, offering bigger and better scholarships, and applying a more human touch.

UK President Lee Todd said that last year's black enrollment fell 40 percent from the year before.

"The biggest reason we heard (for black students not coming to UK) is that we didn't offer competitive scholarships and we didn't offer them fast enough," Todd said in a meeting with the Kernel Editorial Board.

But by adding eight new staffers to the registration and admissions area, pumping \$500,000 more into scholarships, and making offers sooner in the year, UK turned around the negative num-

### KERNEL EDITORIAL

bers.

This year, Louisville has seen its numbers slide the same way UK's did last year.

This is not because UK and U of L are "buying" students back and forth, Todd said. Rather, there was an increase in the number of black students attending college in Kentucky, so the back-and-forth fight is less of a problem, Todd said.

We are pleased to see UK take effective, immediate action to fix the problem at hand. We also hope that this is an enduring lesson that doesn't have to be repeated.

"You don't want to get bitten by the same dog twice," Todd said. We wholeheartedly agree.

## Find time in your schedule to take care of yourself

With midterms all around us, I hope you're taking care of yourself. You probably think getting sick is just not an option — no one has time for that.

That was my thought; unfortunately, I failed to realize that if you're not doing anything to keep your human touch, sick, sickness does not care that you're too busy.

I have spent the past week in bed, literally too sick to get up for any real length of time. Truly, your day has to get better when the doctor says, "I thought you had pneumonia, but good news — you don't!" I didn't have pneumonia or strep throat, just a wonderful, mysterious illness giving me a fever and a sore throat.

When the doctor said the "M" word, I almost had a heart attack. Anyone who has had it before should know what I'm talking about — mononucleosis.

Maybe I had mono. My immediate response to this worry was that I didn't actually have time to have mono, so it was not really an option. Could we find something else?

Thankfully, I've been fighting a virus and a bad cold, not mono. But this whole ordeal made me wonder what I would have done had the mono test been positive. My schedule this fall doesn't even leave me enough time to finish my homework, let alone get a full night's sleep.

One thing I did discover last week is that even if you don't have time to be sick, you will be forced to find time when you start to feel bad. Classes that can't be skipped will be slept through, papers postponed and work missed. The busiest people in the world can be knocked flat if they catch the right nasty bug, and when it happens, all of those crucial things on your to-do list will just have to wait.

So what if, instead of having to spend a full week miserable and in

bed, I had taken some steps to prevent getting sick? Obviously, you cannot escape getting sick at times, but you can do things to try to avoid illness.

What if I had forced myself to sleep eight hours a night, for example? Drank enough water? Eaten food that was actually good for me? Or, heaven forbid, actually exercised?

Taking care of yourself when you're sick sucks, which is all the more reason we should be taking care of ourselves when we are healthy.

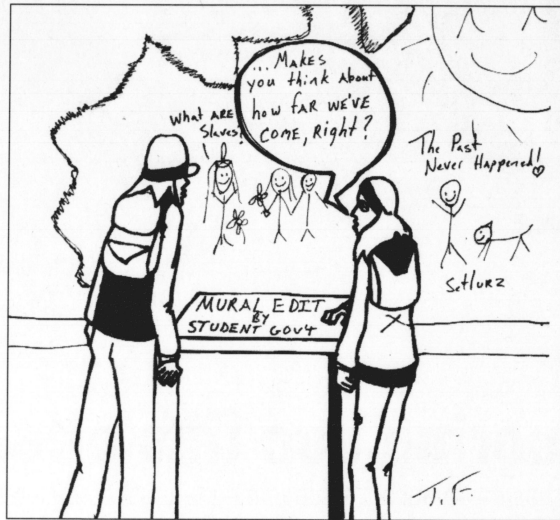
Self-care is something that we talk about a lot in social work — keeping yourself healthy, both mentally and physically, so that you can do the same for your clients. I was caught red-handed a few weeks ago when I was complaining to a friend about how busy I was, and she asked me what I was doing for self-care. I had nothing to tell her. I wasn't making time to go on walks or take baths. I wasn't getting enough sleep or eating well. And karma kicked my butt. Hard.

Some people are really good at making time for themselves and taking "mental health" time. I, unfortunately, am not one of those people. Someone told me recently that I need to have more fun, and that may be true. The work will never be finished, so at some point, you may need to just take a break.

The lesson I've learned this week is that I need to chill out and slow down. There was no way my body was going to be able to keep up at the pace I was asking it for an entire semester, and it wasn't fair to try in the first place. From now on, I am going to take better care of myself. Taking a few minutes each day to recharge will certainly take less from my time than getting sick again.

There are all kinds of things going around right now, so protect yourself. Get a flu shot. Go to bed early. Do something to de-stress. Take care of yourself — we still have nine weeks to go.

Tara Bonistall is a social work and psychology senior. E-mail: [opinions@kykernel.com](mailto:opinions@kykernel.com).



TONY FISHER, Kernel cartoonist

## Change in campus' sexual assault statistics begins with you

Never in my life have I learned so much in three days, and never in my life has my view on an issue changed so much. A week or two ago, you may have gotten a different response if you had asked me who was to blame for rape and other forms of assault against women. I most likely would have used "blame the victim" statements like "She had it coming" or "She deserved it." But after this weekend, I know those statements are completely wrong.

Over the weekend, I attended a retreat hosted by Students Educating and Empowering to Develop Safety, SEEDS was created to help stop violence against woman on campus — a very worthwhile cause. While there, my feelings and beliefs on the subject of rape and sexual assault on women changed significantly. I learned that rape and sexual assault are caused by men. Being a male, it hurts to say that, but sometimes you have to recognize the truth. "No" means no — it doesn't matter at what point a woman says it.

The statistics alone changed my mind about rape. These include where it happens, who does it and how often it happens. Assault includes stalking, rape, actual physical abuse, verbal abuse leading to psychological harm and threats. The statistic that blew my mind was how many women are sexually assaulted in a year. The UK Center for Research on Violence Against Women found that by the end of their college careers, 36.5 percent of women will be a victim of sexual assault. This means that one in three women will be a victim of a form of physical assault by the time they graduate from UK.

I don't know about the other males on campus, but I find this sta-

tistic simply ridiculous. That is way too high, and strides should be made to decrease the number and eventually make violence against women on this campus non-existent.

Another statistic that blew my mind was that 85 percent of the time the attacker of the woman is someone she knows. To go along with this, 65 percent of the time, the assault happens in the woman's home.

Just because a woman is married to or dating a male doesn't mean he can force her to have sex anytime he wants to. If a woman doesn't want to have sex with a man, she doesn't have to, no matter the circumstances.

Whether you're male or female, you can take steps to help prevent sexual assault and other forms of violence against women.

While at parties, women should fix and open their own drinks. Just because a woman is married to or dating a male doesn't mean he can force her to have sex anytime he wants to. If a woman doesn't want to have sex with a man, she doesn't have to, no matter the circumstances.

Never leave parties with someone you just met, but if you do, make sure you're leaving with a large group of people. If you plan on getting intoxicated, have money so you can call a taxi. Never take a ride from someone you don't know.

If you're talking to a male be blunt; don't worry about letting him down easy if he is getting too close too fast.

Never go on blind dates alone. Make sure you make it a double date to ensure your safety.

While walking on campus, walk in well-lit places, and be aware of your surroundings. Also, if you are on campus and need a ride at night you can call campus police by dialing #UKPD anytime, 322-SAFE Sunday through Thursday, 8:30 p.m. to 1:30 a.m., or 221-RIDE. Its hours are as follows:

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Saturday — 7:00 p.m. to 3:00 a.m.  
Sunday — 7:00 p.m. to midnight

Men can also make changes in what they do and how they carry themselves.

First, understand where a woman is coming from. Think of your friend as a sister, mother or any other important woman in your life. You don't know what it feels like to be scared just walking around on campus at night. If you know one of your female friends may have to walk back to her dorm or to the library at night, take some time out to walk with her — this simple act can go a long way in ensuring her safety.

"No" means no. If a girl doesn't want to continue doing something with you, stop. It is illegal to force a woman to do anything against her will.

At no time is acceptable to call women unkind names, hit a woman or make threats. These things can lead to great physical and psychological harm to a woman. Work things out if you and your partner are having arguments.

These changes can hopefully lead to ridding this campus of violence against women. If you have been a victim of sexual assault or just want to talk with an expert regarding this subject, you can go to Women's Place in 106 Frazee Hall, located next to the Student Center, or call 257-3574. Jennifer Wies and Dorothy Edwards are two women that I know will go out their way to help you. You can make appointments or simply walk in to talk about your incident.

Statistics show that only 1.5 percent of the 36.5 percent of women assaulted will report the incident. If you are sexually assaulted, it is in no way your fault, and you should tell someone so the recovery process can begin. If you have a friend that has been assaulted, encourage her to get help because letting it out will help her recover from her traumatic experience.

One in three is far too high. The change begins with you.

Bryson Kennedy is a journalism freshman. E-mail: [opinions@kykernel.com](mailto:opinions@kykernel.com).

### Submissions

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

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# Bed bugs infest room in Blanding Tower

By Alice Haymond  
news@skyrmi.com

As UK students sleep tight in their dorm rooms, some may be concerned that bedbugs will bite.

Lexington residents have reported 19 cases of bedbug infestation this year — one of which was on the 13th floor of Blanding Tower.

The infested room has been sealed and will continue to be closed until at least next fall, said UK spokeswoman Gail Hairston.

The first task in ridding the bugs from the dorm was to isolate the room and relocate the two students who lived there, said Director of Resident Life Jim Wims.

At the time, it was recommended that an exterminator treat the rooms on either side, and above and below the infested room, Wims said. However, Hairston said that this did not seem necessary.

"(Housing maintenance) did look into the rooms at the time and continues to do so," Hairston said.

Michael Potter, a professor of entomology at UK, said that this sort of monitoring would be a "reasonable thing to do." He said it is best to avoid using pesticides when possible. In this particular case, he helped housing maintenance look for signs of bedbugs, but didn't find any.

Bedbugs are nocturnal in-

sects that feed exclusively on the blood of animals. Adult bedbugs are about the size of ticks, Potter said, while the young nymphs start at the size of a dust speck.

"They hide in such cryptic locations, most people won't find them," Potter said.

Usually people realize they have a problem when they go to bed and wake up the next morning with itchy welts all over their body, Potter said.

When arriving at a hotel room, Potter says the first thing he does is pull back the bedspread and check the mattress, especially around the pillow area. He looks carefully for dark spotting, which could be bedbug feces, a sign that bedbugs are near.

Potter said these insects must be transported; they don't crawl in from outside. The most common ways that they become established in a new location are from people bringing in second-hand items and bringing in luggage from traveling.

Once established, bedbugs "crawl very rapidly," Potter said. They can move laterally through walls, plumbing and electric lines. Once established, bedbugs can be very difficult to get rid of. In the case that they are dis-

covered while traveling, Potter said, "I would wash all my stuff before bringing it into the house."

Although Potter said these incidents are still rather isolated, he encourages students to be extra cautious.

Students often live in apartment complexes and dorms where there is a lot of second-hand furniture and where bedbugs can easily move from one apartment to another, her said. Students also move around a lot, carrying luggage back and forth from their hometowns, vacation spots and even other countries when they are studying abroad.

All of these factors make college students more susceptible to a bedbug infestation.

Although bedbugs are not known to transmit any diseases, the bedbug experience is definitely one to avoid.

"Anyone who has experienced a bedbug infestation will tell you it's an extremely emotionally draining experience," Potter said.

There is the cost of extermination, the itchy bites, and difficulty sleeping for quite a while, Potter said.

"From a mental-health point of view, it's a significant problem," Potter said.

**"They hide in such cryptic locations, most people won't find them."**

**MICHAEL POTTER**  
professor of entomology

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## ABORTION

Continued from page 1

helped them cope with the guilt they feel about their abortions.

Cathy Wilson, one of the speakers, said she didn't feel any relief from her pain until she sought help from a Christian resource center.

"Because God has set me free from the guilt my abortion caused, I will be silent no more," Wilson said.

Jaindl said she felt the event helped her sympathize with women who have experienced abortion.

"I came because I don't know anyone who has had an abortion, and I wanted to hear personal testimonies," Jaindl said. "This helps me because I go to an abortion clinic every week to talk to women, and I find it very hard to empathize with them."

Jaindl said after hearing these testimonies, she feels she will better know how to talk to them.

Santor agreed with Jaindl on the emotional value of the night.

"Tonight was fantastic," Santor said. "I was really impressed with the fact that these women don't personally know the audience, but they are willing to share such emotional tragedy."



THOMAS SANDS | STAFF

Linda Pierce of Madisonville, along with several other women from all over Kentucky, spoke out about the affects of abortion in Memorial Hall last night.

Santor said this event has motivated her and UK Students for Life to continue their work in "promoting the sanctity of life."

"The fact that these women, after 21 years, are still hurting shows that abortion is not just a standard medical procedure," Santor said.

## HUNGER

Continued from page 1

ending world hunger.

"College students have historically changed and shaped the world," Tietjen said. "We want to raise awareness, get people engaged, and we want students to be advocates to end world hunger."

UK is not currently involved with the project but will be soon, Tietjen said.

"After today, the real work begins," Tietjen said. "We hope to work with our new provost and establish a Committee of Nineteen. The com-

mittee is named this because it only takes 19 cents a day to feed a child."

Carrie Summers, an undeclared sophomore at Georgetown College, said she joined Project Compassion because of her passion for the issue.

"It is a basic issue that could end infant mortality and AIDS," she said. "College campuses are excellent places for projects like these."

The activist session included a documentary, which started by displaying a quotation from Archbishop Dom Helder Camara.

"When I give food to the poor they call me a saint. When I ask why the poor have no food, they call me a communist," it read.

The documentary followed a group of Georgetown students who traveled to Guatemala last year to work with malnourished children in their schools.

The majority of these children suffered from chronic malnutrition and its side effects — stunted growth, mental retardation and immune deficiencies. All of these side effects are irreversible, the documentary said.

"We have such an abundance of agriculture that there is enough food to feed everyone in the world," Tietjen said. "The irony is that our country is actually concerned with eating too much."

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