



Things overheard

Holiday gifts

Not all gifts given over the holidays are the best on earth, even when delivered by people who love you. Here are some things overheard about a few of the more unpleasant gifts - like a spice rack or something.

"This is just great, I hope the back door in these things work - hey no foot hole, either? I love these pajamas!"

"This would fit if I hadn't just jumped up four sizes."

"I thought these were only popular in the eighties."

"I will just kill the dog if it decides to bury this!"

"This is too nice to wear out. I might spill something on it or something."

"Do I really look like I need a large?"

"I think I may already have thrown one of these away..."

"Hope I don't lose this. You know how forgetful I am."

"Is this flammable or anything? It is fire season. Did you know that most fires go unexplained?"

"This would be just great to wear when I clean the attic."

"Wow, I never knew that they could make cologne that smelled like Moose."

"Wow, socks."

"Don't these things come free with a combo meal?"



"I go to UK, but everything I wear does NOT have to be blue."

"Is this a flashlight? Where do the batteries go?"

"They make superman underwear in men's sizes?"

"You got me tires?"

"Leg warmers? Is this Flashdance or something?"

-Ron Norton

THE 411

Tomorrow's weather

44 21 Hi Lo Partly sunny, but getting a little colder.

Kentucky Kernel

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THURSDAY KENTUCKY KERNEL

January 13, 2000

DIETING

New health plan to shed holiday pounds

Diets are working: UK program uses low calorie intake and healthy foods to loose weight and help keep it off

By Amanda York SENIOR STAFF WRITER

DiETING is one of the most popular resolutions for the New Year - and one with a high failure rate.

But a recent study conducted by the UK Weight Management Program shows many individuals in their program achieve success and maintain weight loss.

"We've lost sight that many people win the battle against obesity," said Dr. James Anderson, professor of medicine

and clinical nutrition and director of the UK program.

The Food and Drug Administration and the National Institutes of Health consider 5 percent weight loss successful. UK's study shows individuals participating in their program keep off more than 7 percent of their weight on average in about five years, Anderson said.

"Our data points out the fact that many people are being successful long term with weight loss," Anderson said.

The intense, low calorie diet consists of five weight-loss shakes and two low-

calorie packaged meals each day, totaling 800 calories, Anderson said.

The low calorie intake helps overweight individuals to get involved in an intense program and lose the weight quickly, he said.

"It's better to bite the bullet and go on starvation rations and work on maintaining the weight after we get there," Anderson said.

"When people only lose one pound a week they're not likely to stay on the diet."

Anderson said exercising, eating five servings of fruits and vegetables daily and using meal replacements, such as low calorie entrees and low calories milkshakes, assist in maintaining weight loss.

Janet Whitaker, producer and director

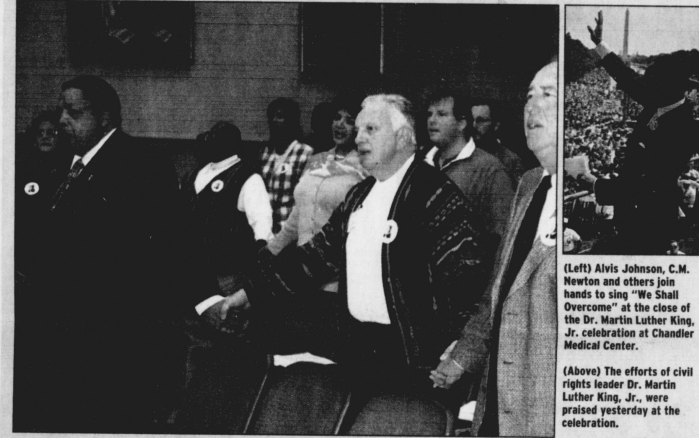
UK women's hoops

Check out the Wrap-up inside 14



http://www.kykernel.com

REMEMBERING A LEGEND



(Left) Alvis Johnson, C.M. Newton and others join hands to sing "We Shall Overcome" at the close of the Dr. Martin Luther King, Jr. celebration at Chandler Medical Center.

(Above) The efforts of civil rights leader Dr. Martin Luther King, Jr. were praised yesterday at the celebration.

Celebrating the King legacy

By Lamin Swann STAFF WRITER

"Let Every Voice Sing," began the tenth annual celebration honoring the slain civil rights leader, Dr. Martin Luther King Jr., yesterday at Chandler Medical Center.

The Medical Center's office of the chancellor and minority affairs joined together to make the event happen.

Around 100 faculty, staff, students and members of the community came to hear the keynote speaker, Alvis Johnson, UK assistant athletic director for administration.

Johnson spoke about how people have succeeded in beating racism, discrimination and bigotry.

"But we are not finished yet," he said.

"Dr. King spoke about how African-Americans were given the rights of the Constitution and Declaration of Independence with a promissory note," Johnson said. "When they turned them

in, they were told they were no good to turn in. But today, they are being honored."

Johnson also said he was honored to see the campus come together this past year and honor 50 years of African-Americans at the university.

Students were impressed with Johnson's words.

"It was very nice to hear someone involved in sports speak on another subject, especially on Dr. King and his legacy," said Lu Shawna Dulin, a third-year pharmacy student, from Louisville.

C.M. Newton, UK athletics director, introduced Johnson with high praise. "I didn't know Alvis while an athlete at Western (Kentucky University), nor while earning his master's at Eastern (Kentucky University)," Newton said. "but I knew him when he entered coaching in the high school ranks, and I knew I met a special person."

Laverne R. Carter, acting staff and community development director, also gave some closing remarks.

Carter thanked Newton because he

was one of the first to integrate college basketball.

"While Coach Newton was coaching at Alabama, I turned on the television and saw African-Americans playing, for the first time," Carter said. "You made me and many others very happy doing that."

The recipients for this year's dream awards were Dr. John Piescoro, professor in the College of Pharmacy and Joseph Frye, who has been director of safety, parking and security at the Medical Center for 11 years.

"I was totally surprised I was a recipient of the dream award," Piescoro said. "I was already coming to hear Alvis speak. I can relate what was going during the civil rights era."

Frye, who was unable to attend, was also surprised to be a recipient.

"I'm honored to receive the award," he said.

The celebration closed with everyone standing and singing the civil rights spiritual, "We Shall Overcome."

PHONE CALLS

Calling home costs a price

Long distance decisions: The ups and downs of using calling cards to phone home

By Jermaine Johnson CONTRIBUTING WRITER

All college students, at one point, need to call home.

Some have the luxury of charging those calls to mom and dad while others have to wade through the complicated world of calling cards.

One student likes this idea.

"Calling cards are cheaper than long distance services," said Krystal Roberts, a business management freshman. "My parents saved nearly \$100 on their phone bill by using calling cards."

MCI Sprint and AT&T each have their own phone cards available by mail or at local stores.

According to Sprint Representatives, retailers charge up to 35 cents per minute to make a profit.

See CALL on 2

Table with 2 columns: Calling cards, How they stack up: -MCI 40-minute card \$7.66/\$5.19 per minute 80-minute card \$14.88/\$1.18 per minute 175-minute card \$29.87/\$1.7 per minute -Sprint and AT&T range from \$17-\$18 per minute

BANKING

Fee waived for UK students

Students cash UK checks free at National City Bank

By Barbara Martin CONTRIBUTING WRITER

Students are finding it easier to cash their UK checks now that National City Bank has agreed to waive the transaction fees.

"Students shouldn't have to pay to cash a check that they get from UK," said Marc Mathews, senior associate controller for the office of controller and treasury.

In the past, Lexington banks have charged the public a \$3 fee to cash any check.

Mathews said students will no longer have to do that at National City Bank, but he wanted to remind students that this doesn't include all checks.

"The service does not include personal checks," Mathews said, or any other checks written by businesses other than UK.

See FEE on 2

TECHNICAL ENTERTAINMENT

Automatic rental

New video rental is here: Punch in some numbers, get a movie

By Mark Fister STAFF WRITER

A new video rental service has come to Lexington that never closes unless it breaks.

CineVault, available 24 hours a day, works like an ATM machine.

"Patrons use their membership cards to access the machine's computer, select the title of the movie or

game they wish to rent and the video comes out of the machine," said Alicia Ritter, CineVault public relations director.

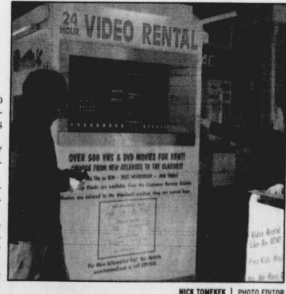
The computer can be searched by title, category, actor/actress and director.

One student, who noticed the machine outside of Kennedy's Bookstore, likes the idea.

"CineVault gives students something to do after midnight that doesn't cost that much," said Billy Crutcher, a middle education junior.

Other students are not sure the new machine will be a success.

"I think it's an interesting idea,



One new video rental is located just outside Kennedy's Bookstore.

See VIDEO on 2

ALL THE NEWS THAT FITS

The Low-down

Police given broader authority

WASHINGTON — The Supreme Court yesterday gave police broader authority to stop and question people who run at the sight of an officer. The 5-4 ruling came short of giving police a blanket right to stop anyone who runs after seeing the police. But it said such flight may indicate a crime is being committed and therefore can help justify a police stop.

Microsoft breakup

WASHINGTON — Government lawyers studying ways to limit Microsoft's influence want to break the software giant into three parts, arguing that lesser remedies in the antitrust trial would be inadequate, people close to these discussions confirmed yesterday. The plan could be presented next week when government lawyers meet in Chicago with the federal mediator assigned to the anti-trust case.

Reno backs INS

WASHINGTON — Attorney General Janet Reno yesterday backed an Immigration and Naturalization Services decision giving custody of 6-year-old refugee Elian Gonzalez to his Cuban father. To allow the boy's Florida relatives time to challenge the federal decision, Reno said the government is postponing its Friday deadline for returning him to Cuba. She said any challenge to that ruling must come in federal rather than state court. A Florida judge on Monday had said the boy must remain in the United States until a March 6 ruling.

Hornets' Phills is killed

CHARLOTTE, N.C. — Bobby Phills of the Charlotte Hornets was killed yesterday when he wrecked his speeding Porsche after a morning practice at the team's arena, police said. According to police, Phills, a 30-year-old guard, was traveling at a "very high rate of speed" when his black Porsche collided with a car, which was then hit by a mini-van.

Military ban on gays ends

LONDON — Forced to act by a European court ruling, Britain lifted its ban on gays in the military yesterday and introduced instead a code of conduct for sexual behavior, whether soldiers be heterosexual or homosexual. Opposition Conservative Party lawmakers expressed outrage.



CROSSING MEDIA: Opera winfrey, the queen of daytime television gets her own magazine, called "The Opera Magazine" to be on newstands April 17.



PROFITABLE NEW YEAR: Barbara Streisand got a massive \$15 million pay check for her New Year's Eve concert in Las Vegas. The show grossed \$14.7 million.

CALL

Continued from page 1

Other less popular cards can also be purchased.

The Rite Card, distributed by Blue Water Telecommunications, is available at any Shell Station. It advertises a 95-minute card for \$5, but after reading the fine print, it is discovered that there is a 69-cent surcharge that translates into 17 minutes per call. In other words, every call is at least 69 cents, regardless of the time spent on the phone.

Some students realize this downfall in calling cards and choose other ways to make long distance calls.

"I save nearly \$100 a month by using cellular phones instead of a long distance plan," said Allison Thielmeier, library

science graduate student. In fact, cell phones seem to be fairly popular.

"I use a cellular phone. It's free nights and weekends and it's only \$40 per month," said Rashaad Faulkner, computer science junior.

Other students use the prepaid method.

"I use 10-10-345 because there are no fees or bills to pay," said Daniel Pierre, computer science senior. "Prepaid calling cards are also good to use."

When choosing a card, the determining factors are the frequency and length of calls.

For shorter calls, it is best to use a card without a surcharge fee, such as MCI, Sprint or AT&T. For longer calls, the Rite card seems better.

Remember that most phone cards issue a surcharge on calls from pay phones, and the advertised rates do not include the surcharge.

FEE

Continued from page 1

Students only have to present a valid UK ID and a primary ID, such as a driver's license, in order to benefit from the free check-cashing service.

The new program began in the beginning of December and, so far, UK students have been satisfied with the results.

Katie Williams, a graduate student in the School of Library and Information Science, is pleased with the new service.

"It's always good to have a new venue where students can cash checks," Williams said.

Others agree.

"I haven't used it yet but it's nice to know that I have somewhere to go if I need it," said Amber

Fields, an undeclared freshman.

But National City Bank has not yet seen this kind of result.

The bank hasn't noticed an increase of students using the service, but that might be due to the holidays, said Karen Rowland, vice-president and manager of Treasury Management Services at National City Bank.

The National City Bank on Euclid Avenue is the only branch, though, that is offering the free check-cashing service.

"That way," Rowland said, "students can be assured that they always have someplace to go where they don't have to pay to cash their checks."

Anyone interested in taking advantage of the new service at National City Bank can visit the Euclid Avenue branch between 9 a.m. and 4 p.m. The drive-through is open from 8 a.m. to 6 p.m.

"I was doing sit-ups and push-ups all the time in training for 'The Hurricane,' but in 'The Bone Collector' I was lying in bed all day."

— Denzel Washington, on the diversity of his most recent roles, at the New York premiere of "The Hurricane," to People Magazine.

VIDEO

Continued from page 1

think people will utilize it," said Angela Champion, an arts administration junior. "The concept of getting a video from a machine may take a while for people to accept."

Members can add money to their accounts at any time, to any of the eight Lexington locations. The money stays in the account until the video is returned.

Crutcher said he would prefer to pay the machines with real money, but a membership account is necessary to use the system.

"The cards are good at any location," Ritter said, "but videos must be returned at the location they were rented from."

Crutcher was unsure how a malfunction of a CineVault machine would be handled.

but I don't put the tape back," Crutcher said.

When there is such a problem, the system notifies the operator, and the message is forwarded to customer service, Ritter said.

Ron Montavon, an accounting senior, had not heard of CineVault, but thought it would be an interesting new idea.

"I may have to check it out," Montavon said.

One reason for students being unaware of the machines could be due to lack of advertising.

"Nothing's been advertised about how to use the process or how to become a member," Crutcher said.

CineVault has over 500 titles in VHS and DVD formats. Some locations have games such as PlayStation and DreamCast.

Membership applications are located at each CineVault machine. They are also available online at www.cinevault.com. They can then be faxed or mailed to CineVault's corporate headquarters on Leestown

Video rental information

New releases are \$1.99 for six hours
\$2.99 for 12 hours
\$3.79 until midnight the next day
Older titles are \$1.99 for two days.

Locations: Romany Kroger, Kennedy Bookstore, Hartland Kroger, The Racquet Club, Leestown Road Marketplace next to Winn-Dixie, Slone's Market (Pimlico Parkway), Shell Station on South Limestone.

Coming Soon to: Slone's Market Landsdowne Shopping Center (Tates Creek)
Customer Service Line: 278-1915 ext. 23

Currently, only Atlanta, Baltimore, Lexington and Los Angeles have CineVault machines. Lexington's eight locations are the largest amount of machines in any of these cities.

Delta zeta

SORORITY

Open House

January 18th
7:30 PM - 8:30 PM

Questions: 323-7614


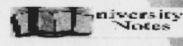
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My mother told me a number of things before I started college 3 years ago:

1. Always go to Wildcat to buy and sell your books.
2. If you forget your S.S #, look in your underwear.
3. Bread before game tickets.
4. I hired you into this world, and I can fire you.

I love her, but I still don't understand her.

The Official

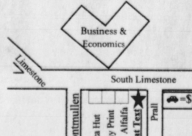
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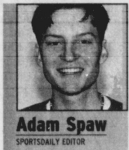
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Why Scip got Skipped



Adam Spaw
SPORTSDAILY EDITOR

He stood flat-footed at the fifty-yard line and fired balls towards the back of the end zone, splitting the up-rights time after time with his sinewy right arm. It was hours before his team would kick off against Tennessee.

Tim Couch, of course, was still in the UK locker room doing whatever. And that was Mike Scipione, of course, chucking pigskin the distance of a small par-three in Knoxville. Of course, it wasn't Couch. Couch couldn't throw like that. Everyone around the team knew who had the best long-ball on campus. Even casual observers, the talk-show type fans, heard the rumor. They'd call in, too.

"I seen Scipiony throwin' before the Outback Bowl. I tell ya, we're gonna have a heckuva replacement for Couch," some guy named Billy from Paducah would say. And they loved to say it. It is human nature, naturally, for Kentucky fans to enjoy the future more than the present. Didn't hear about that junior guard Tubby Smith's going after? Guys like Billy will tell you all about him, just like they could have filled you in about Scipione, one year ago, when the red-shirt freshman was ready to work his way into a starting quarterback position on a team in the nation's best football conference. Scipione would hear it, too. At a bar in Richmond, Ky., someone would approach him. "Say, aren't you Mike Scipione? I hear you have the longest ball at UK—even longer than Couch."

All six feet and six inches of the Virginia native would just shrug and take it as another compliment.

Scipione wanted minutes, not rumors. He knew he could throw. So when spring came around, Scip got his wish. Couch was gone. Long gone. Longer gone than Scip on a good day. It was Scip's time until teammate Dusty Bonner proved better. Dusty would start.

Less than a year later and not many days ago, Scip's coach uttered the player's drum roll: "I'm encouraging him to transfer."

The player's father would follow. "Mike is looking at other schools."

And this leaves the infamous football follower named *What-If* pondering the whole situation. He wonders why Scipione never saw the playing field, why Dusty received every snap. He's quick to bring up that even Couch was brought out of games for backup from the coach's son. He's appalled that Scipione was told by coach Hal Mumme he would not compete with incumbent quarterback Dusty Bonner this spring.

All because *What-If* saw Scip throw. "Mike needs some time to sort things out," his father, John Scipione, said. "He absolutely has no hard feelings."

But then you wonder. You wonder if the whole thing isn't just a big phony cover-up — Scipione's pissed, you say — he's gotta be.

And even though Dusty threw for 3264 yards, 26 touchdowns and completed 65.2 percent of his passes, you can't help but think:

Scip got the shaft!
 Well, sure he did. But it wasn't because of his coach, who's welcomed Scipione back for spring practice. Scip will never start at UK, but he'll have time to shop around for another school — somewhere he can start and put that long arm to use — Scipione deserves it. Mumme thinks so too.

Quarterback controversies are for mortals.

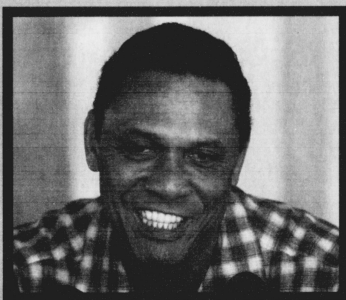
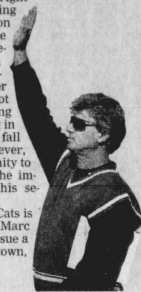
It's a cruel game like that. In the battle for land, you only get one.

Team loses four players

Four UK football players are leaving the team and one other is academically questionable.

Jonathan Chapman, Terrence Calhoun and Charles Hamwright will leave after being suspended this season by coach Hal Mumme for their poor academic performance in the classroom. Freshman wide receiver Brad Pyatt will not participate in spring practice after turning in bad marks from the fall semester. Pyatt, however, will have an opportunity to play next season if he improves his grades this semester.

Also leaving the Cats is starting kicker Marc Samuel, who will pursue a law degree at Georgetown, in Washington, D.C.



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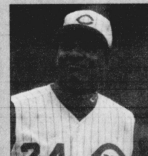
All star

Former Cincinnati Reds baseball player Tony Perez smiles during an informal news conference after his election to the Baseball Hall of Fame Tuesday in San Juan, Puerto Rico.

Perez and Fisk set for enshrinement

The Baseball Writers' Association of America has selected Tony Perez and Carlton Fisk to be inducted into the Major League Baseball Hall of Fame on July 23.

Tony Perez



Voting

Perez received 385 votes and was elected in his ninth year on the ballot.

Career

2,732 Hits; 279 Avg.; 379 HR; 1,652 RBI; 1,272 Runs

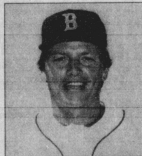
Highlights

- Ranks 18th on the all-time RBI list (1,652).

- Seven-time All-Star

- Played in six League Championship Series and five World Series.

Carlton Fisk



Voting

Fisk received 397 votes and was elected in his second year on the ballot.

Career

2,356 Hits; 269 Avg.; 376 HR; 1,330 RBI; 1,276 Runs

Highlights

- 1972 American League Rookie of the Year

- 11-time All-Star

- Holds major league record for catchers: most games (2,226) and home runs (351).

A SHINING MOMENT

Carlton Fisk was inducted into the Hall of Fame based on his career production. He will forever be remembered for the home run that won game six of the 1975 World Series in the 12th inning. This home run is considered one of the most dramatic in major league history.



Source: Compiled from AP wire reports



ASSOCIATED PRESS

Number one

Baseball legend Pete Rose gestures after being introduced on "The Roseanne Show," during a taping in Los Angeles, last Thursday. Rose spoke about his current ban from baseball and his desire to return to the game.

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HOOPS

UK okay after roller coaster break

The holidays provided a little good, a little bad for women's basketball team

By Matt Ellison
SENIOR STAFF WRITER

Some good. Some bad. The holiday break proved to be good for the UK women's team, as it allowed them to concentrate on basketball. There were a few wins, many by huge margins. There were also some heartbreaking losses, which left the Cats hungry for better performances. But UK's tournament hopes remain alive and well.

Here's a rundown of what went on while you were gone:

No. 12 Purdue 48, UK 40

Both teams, who were participating in the first collegiate game in Indianapolis' new Conoco Fieldhouse, must have thought the arena was still under construction: Both teams spent most of the game laying bricks.

UK shot 21.5 percent from the field, a season low, and almost matched their all-time low of 21 percent set against Northwestern in 1995. Purdue didn't fare much better, shooting only 34 percent for the game.

In the end, Purdue's tandem of Camille Cooper and Katie Douglas, who combined for 31 points and 15 rebounds, was too much to overcome for Kentucky, who was led by Erica Jackson's 15 points and eight rebounds.

"Defensively, we were right where we wanted to be," coach Bernadette Mattox said. "You can't miss layups and expect to win."

UK 68, Cincinnati 62

Sophomore forward LaTonya McDole was the difference maker in this game, scoring a career-high 19 points and grabbing 10 rebounds as UK knocked off the Lady Bearcats in the Queen City.

UK had a balanced scoring attack, with center Shantia Owens, forward Laura Meadows and Jackson all scoring in double figures. Owens also pulled down 10 rebounds for her fourth career double-double.

UK 93, Tennessee-Martin 55

The overmatched oppo-

nents proved to be, well, no match for UK, as six players scored in double figures, led by McDole's career-high 24 and 14 rebounds. Most of her points came on smooth drives to the basket, something Mattox was encouraging her to do more of.

"I'm always told to penetrate and look for my shot," she said. "Coach said to attack the basket and just play."

"Tonya's been working very hard," Mattox said. "I knew something big was about to happen for her."

UK's defense forced 37 turnovers, which they converted into 45 points, most coming on the fast break.

"We really needed to run more," said Laura Meadows. "We have to get back to playing Kentucky's style."

Xavier 68, UK 67

As if prompted by some Y2K bug, UK's defense allowed Xavier threw a length of the court pass twice in the game's final 18 seconds, the second leading to a free throw with less than a second remaining. It turned out to be the game's final margin.

LaTonya McDole nailed two free throws with two seconds left, after getting a pass from Tiffany Wait, who had stolen Xavier's in-bounds pass. But it wasn't enough.

Kentucky was outbounded 46-36 by the Lady Musketeers, and that was the difference, according to Mattox.

"I felt we played good enough to win," she said, "but we gave up way too many offensive rebounds. We just gave them second chances at a shot."

The loss dropped UK to 7-4. They were tied in scoring for the third straight game with LaTonya McDole, who had 24.

UK 94, Winthrop 39

Following the New Year's Eve debacle, Mattox told her team in practice that if they didn't start running and looking to turn up the tempo, they would sit next to her on the bench.

As it turns out, everyone who played scored in UK's romp over the Lady Eagles, who were forced into 43 turnovers. Sophomore forward Tanesha Seaton led the Cats with 20 points,



UK junior forward Laura Meadows helped pace the Cats over the holiday break, which saw UK march to a 5-2 record.

which shattered her previous career high of six.

"If you run the floor, you get easy layups," Seaton said. "That's what Coach told me to do, and it worked for me."

Tiffany Wait also regained her scoring touch, registering 13 points.

"I've been struggling a little bit, but Coach told me to concentrate more on getting out on the break," Wait said. "If I'm playing well in transition, it makes my job a little easier."

UK 71, No. 5 Auburn 69

When starting center Shantia Owens went down with an ankle injury just two minutes into the game, UK's hopes of upsetting the Tigers appeared dim. But they fought and stayed in the game, led by reserve guard Natalie Martinez' 16 second-half points, the last of which brought UK to within one, 67-66,

with two minutes remaining.

After a missed UK shot, the Cats caught Auburn off-guard with a full-court press which forced a turnover, that LaTonya McDole converted into a layup, giving UK its first lead of the second half. Following two missed Auburn free throws with 18.3 seconds remaining, McDole, who led the team with 21 points, took the inbounds pass and hoisted a running shot in the lane over two Auburn defenders, touching nothing but the bottom of the net. A last-gasp attempt by the Tigers missed, and wouldn't have counted anyway.

"That lets me know she's a big time player right there," said Mattox of McDole's last-second heroics. "This was a big win for ourselves, because we proved to ourselves that we're as good as one of the top five teams in the country."

UK VS. VANDY

All-American giant in UK's way

Watch out: Cats look to stop 6-foot-6 Chantelle Anderson, Vandy's center

By Matt Ellison
SENIOR STAFF WRITER

Vanderbilt women's basketball is a traditional power, with winning 20-plus games and making an appearance in the NCAA tournament considered a normal season. Since 1990, the Commodores have made it to eight Sweet Sixteens and a Final Four in 1993.

Last year, the tradition crumbled at the hands of injuries and discontented players. The team stumbled to a 13-14

center Chantelle Anderson, who moved into the VU starting lineup straight out of high school. She is the first Parade All-American in the program's history.

"Wow, that's big," said UK forward Laura Meadows, who is no Lilliputian herself at 6-3.

Anderson has been playing up to her size so far, averaging 14 points and 6.4 rebounds per game. While her shot-blocking numbers are not outstanding, her presence in the paint alters many other shots and generally discourages teams from establishing a low-post presence. The result? VU's wing players are able to pressure the outside shooters, as evidenced by their 32 percent field goal defense.

And Anderson isn't even their best player. That award goes to sophomore forward Zuzi Klimesova, who leads the nation in field goal percentage at a 68-percent clip, and took SEC Player of the Week honors with her performance in two VU wins last week.

"She's deadly," said UK coach Bernadette Mattox. "When you're talking about a four on the perimeter, that will really isolate us down on the block."

The Commodores are shooting 52.3 percent as a team. And with three outside shooters averaging over 43 percent on threes, and the team outscoring opponents by an average of 77-50, well...you get the picture.

And so does Mattox. "That's what makes them so difficult," she said. "You're talking about players who can just make shots. We've got to hope they're off tonight."

A BIG reason. That's 6-foot-6 freshman

Anderson's inside presence with experienced post players like Meadows, center Shantia Owens and reserve Tanesha Seaton, who had a career game against Florida.

"We're not big, but we have a lot of quickness. We'll try and have to take advantage of that and use our shot fakes," Meadows said.

"As veteran players, we've got to use our different moves inside," Mattox said. "We need to make her defend us."

Neither UK nor Vanderbilt has cracked the Top 25, despite quality wins by both schools and Vanderbilt's 13-2 record, already matching last season's win total.

"I think a lot of people are overlooking them," Mattox said. "They handle the ball well. They've got great size. They can knock the bottom out of the net."

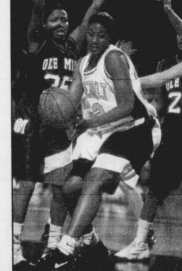


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UK vs. Vanderbilt

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Series Record: Vandy leads 13-12

record, snapping 10 straight NCAA tournament appearances.

"For the first time, our team realized that you can't live off tradition," said VU's guard Ashley Smith, who is a Naismith Award candidate for the top female basketball player and is on pace to shatter the VU career record for assists. "We took advantage of where we were, and we hit rock bottom."

But last season is now a distant memory. The Commodores have ridden the play of young talents to a 13-2 record, including a conference-opening victory at Ole Miss, 69-38. VU held the Lady Rebels to 25 percent shooting for the game, and there was a big reason why.

A BIG reason. That's 6-foot-6 freshman

Kernel's krystal ball: Final results



Chris Campbell

Bowl Picks:
15-8
Overall:
57-49
(.537)



Adam Spaw

Bowl Picks:
11-12
Overall:
57-49
(.537)



Matt May

Bowl Picks:
10-13
Overall:
70-36
(.660)



Chris Rosenthal

Bowl Picks:
11-12
Overall:
66-40
(.622)

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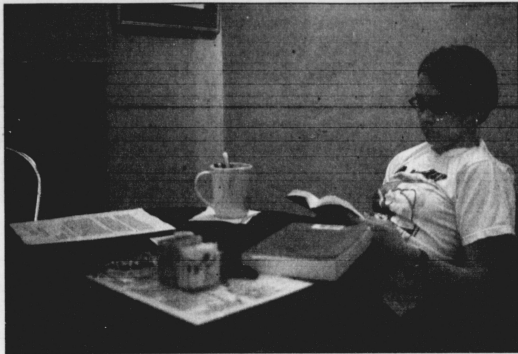
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Keith Hautala, co-owner of Magic Beans Coffee Co., makes an espresso for Benjamin Brown, a music education graduate student.
BRIAN GRANGER | KERNEL STAFF

Amy Shelton, an English, linguistics and Spanish junior enjoys relaxing at Common Grounds while studying.
BRIAN GRANGER | KERNEL STAFF

COFFEE CULTURE

Coffee houses, here to stay

A cultural phenomenon: Old and young alike find coffee houses appealing

By Joe Marrett
STAFF CRITIC

Whatever draws people to coffeehouses has done so for years and various age groups continue to flock to them.

Many groggy college students rely on coffee to get them through the day and coffeehouses serve as interesting places to get the fix. Simple as that. But it isn't.

A certain romanticism has been attached to coffee shops from the beats and the folkies of years gone by. The association of these individuals with coffeehouses has resulted in a smartly vibe. That, combined with the practicality of the caffeine gasoline, has made coffeehouses pretty popular among college kids.

At Beaners, customer's intents vary between the day and night crowds. During the day most come to get a quick boost from the coffee or sandwich

bar. At night, there is more of a social vibe.

"We get a lot of large groups that come to hang out," said employee Michelle Burgess in reference to the evening crowd. "During the day more people come and read or study."

Java Bean, Inc. caters to a rather different set. Due to their location, they usually draw a more family-oriented crowd. In addition, most of their business comes during the day from people looking to take a load off in a relaxing environment.

"When you get coffee here you're not just paying for the coffee but also for the service and a place to sit and enjoy," Java Bean's JoJo explained.

If an open-mic night, a long time tradition in the coffeehouse setting, is your thing, check out Common Grounds. Every Monday night, any interested people have the opportunity to show-off their talents.

"Open-mic is the best place to get started performing because everyone is supportive," said Nancy Atcher, Common Ground's open-mic coordinator.

"We've had trumpet players, drum circles and dancers. Anyone is welcome."

Magic Beans is another musical outlet. Located in Southhill Station, it not only offers live music on Thursday nights, but also plans to introduce a movie night with various cult classic films.

Magic Beans has some big plans in the works. Very soon they will feature dataports that will allow customers to access the Internet for free while enjoying their cup of coffee or tea.

"We roast our own coffee beans in the store and don't serve 'em after five days," Keith Hautala said.

In addition to the fresh coffee, Magic Beans has fans due to the relaxed atmosphere and convenient location.

"It's a good hang out for philosophy students," said philosophy junior Ben Allen.

So, whether you are regu-

Regular or decaf

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115 Locust Hill Dr.
269-8642

Chocolate Forest/Café
2573 Richmond Rd.
266-8668

Coffee Times
2571 Regency Rd.
277-9140

Common Grounds
343 E. High St.
233-9761

Java Bean, Inc.
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271-9100

Stellar Coffee
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264-8888

lar or decaf, there is a coffeehouse in which you can mingle or study near campus.

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DANCE

Just 'bust a move' on the Web

Bust it: You want it, you got it. New web site offers dance lessons on the net.

By Patrick Avery
STAFF WRITER

Learning to dance without an instructor seems almost as impossible as learning to cook without a cookbook.

Not anymore. Bustamove.com, a new Internet site, claims it can teach people to dance through instructions via the Web. For people who have no rhythm and shiver at the idea of taking lessons from a pro, Bustamove.com may seem like a ludicrous proposition.

Kate Moschandreass, one of the founders behind Bustamove.com, said the company wants to help people learn to dance in all settings.

"Our goal is to provide people to dance on the outside at clubs or at other social activities," she said. "Our goal is to have them ready to dance in all social situations."

Along with providing people the motivation to dance, Moschandreass also said the web site can help people who want to learn to dance but don't have the resources.

"We have this web site because someone's schedule might not allow them to take outside dance lessons or their budget might be slim," she said.

Moschandreass founded Bustamove.com with her husband, Jeffrey Grossman, who got the idea for the web site

while at a dance club on New Years Eve in 1998.

"We saw people enjoying themselves and it was like a flash. We wanted to do this dancing thing," she said.

The couple became so engrossed in bringing dancing to the Internet that they quit their job because it took six months and many hours of hard work to get the site up and running.

The site debuted in September 1999 and Moschandreass said the audience of Bustamove.com consists of a diverse age group.

"Bustamove.com's audience is mainly high school and college students," Moschandreass said. "The largest age group is 28 to 32-years-old, the yuppies," she said.

Logging on to the site is relatively easy. Before you can do anything, as with most websites, you must make an account. There's no charge for opening the account, but your access to the website is

very limited. Dances cost a dollar per dance move and the site offers reduced rates for the eager learner who purchases more than one dance at a time.

The site offers beginning dances such as the salsa, the East coast swing, the West coast swing and wedding basics for free. More dances are expected in the future. Those include hip-hop, lindy hop and the cha cha.

Despite the wide variety of dances offered by the site, Moschandreass said the salsa has precedence over the other dances.

The only thing needed for the dance lessons are your dancing shoes and QuickTime, a computer video program. QuickTime permits students to view the dancing demonstrations.

Moschandreass encourages all levels of experience to visit the web site.

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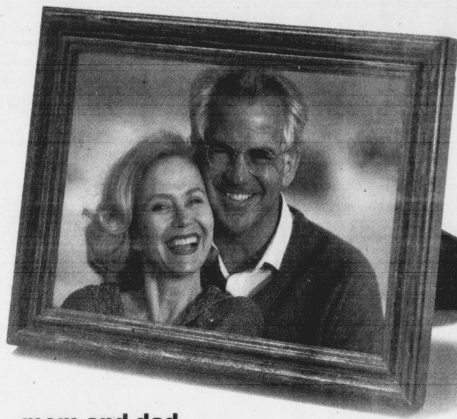
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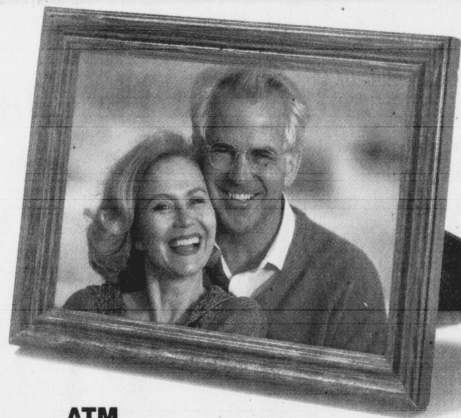
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Pontius CoPilot, along with Pleasureville, will play at Lynagh's, Jan. 19. Tickets are \$3 and the show starts at 10 p.m. People wishing to attend the show must be 21 or over.

A GUIDE TO WHAT'S HAPPENING AROUND UK

On Tap...

For the week of Jan. 13 to Jan. 19

Music

THURSDAY

Green Genes. Lynagh's. 10 p.m. \$3.

Society Child. AIA Sandbar & Grille. 9 p.m. \$5.

The Shut-ins (Members of Household Saints/Pleasureville). Magic Beans Coffee Co. 8 p.m. Free admission.

FRIDAY

7 Grams of Groove. Lynagh's. 10 p.m. \$4

Jazzberry Jam. AIA Rooftop Garden. 8 p.m. \$2.

Veterans of future Wars w/ The Joshua Falken Trio and Asaph. Yats. 10 p.m. \$3.

Josh Rouse. Twice Told Coffee House, Louisville. 8 p.m. \$8.

SATURDAY

Ray's Music Exchange. Lynagh's. 10 p.m. \$4.

Garland Buckeye w/ Let's Crash and Hexose. Yats. 10 p.m. \$3.

Convertible Tan. AIA Sandbar & Grille. 8 p.m. \$3.

Dem Reggae Bon. AIA Rooftop Garden. 8 p.m. \$2.

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Changing hands

U.S. turns Panama Canal over

On Dec. 31, 1999, the United States handed over control of the Panama Canal to Panama. In a formal ceremony, President Milorey Moscoso and U.S. Army Secretary Louis Caldera signed a document formalizing Panama's possession of the canal and a surrounding strip of land. Some Panamanians felt snubbed by the U.S. handling of the situation because at the last minute Secretary of State Madeleine Albright canceled her visit. Nevertheless, this transition ended the U.S.'s 80-year control of one of the world's most strategic waterways. Here is a little history behind the Panama Canal:

1634

Charles I of Spain ordered the first survey of a proposed canal route through the Isthmus of Panama.

1880

More than three centuries passed before the first construction was started. The French worked 20 years, beginning in 1880, but disease and financial problems defeated them.

1903

Panama gained independence from Colombia and signed a treaty with the U.S. for the construction of a canal connecting the Pacific and Atlantic oceans.

1914

The canal was completed.

1977

Panamanian military strongman Gen. Omar Torrijos and President Jimmy Carter signed treaties that dictated the gradual, 22-year transfer of the canal.

The canal includes a series of locks that lift boats up and over the narrowest strip of land separating the two oceans. At the time of construction, it included the world's largest earthen dam, largest artificial lake and largest concrete structure. Panama plans improvements in the canal aimed at increasing its capacity and turning it into a profit-making enterprise. But engineers said it would be a challenge to find enough water to increase canal traffic. Here are a few figures about the cost of the Panama Canal:

3

Number of dollars, in billions, the United States has invested in the Canal enterprise.

20.4

Number of dollars, in millions, the canal profited last year.

387

Number of dollars, in millions, the canal cost to build.

Sources:
<http://www.usato.gov/news/world/news108.htm>
<http://www.cnn.com>



READERS' FORUM

Expressions

Christianity is totally rational and sensible

To the Editor:

In the Dec. 9 Kernel, Greg Burgett pronounced to the world that Christianity is "nonsense" and is based on "an absurd concept."

While I certainly respect Mr. Burgett's right to form his own conclusions, I wish he would try to better understand a subject before passing public judgment on it. His conclusions regarding Christianity are based on faulty assumptions and flawed logic.

First of all, God did not "create someone for the explicit purpose of being murdered." Jesus Christ was not created by God; he was God, and he willingly became a human and took on himself the punishment for our rebellion (see John 1:1-15 and Philippians 2:5-11).

Secondly, God doesn't do things "on a whim." To

simply grant everyone eternal life regardless of how they had lived would deny the need for justice, one of God's fundamental attributes. Also, eternal life is not just the absence of death; it refers to an eternal relationship between a person and God, and God will not force that relationship on anyone. Each person is free to choose—to accept the relationship or to reject it.

Obviously, there is much more to be said. But suffice it to say that Christianity, when properly understood, is quite rational. It is also the greatest news that we could ever hope to hear.

JOE CRABTREE

ENGINEERING GRADUATE STUDENT



It's a new year, live a little on the edge



Marianne Lorensen
KERNEL COLUMNIST

Are you reading this? Good. You have made it back to Lexington to open another glorious issue of the Kentucky Kernel, that means that the world did not come to an end on December 31, 1999.

Go ahead and heave a huge sigh of relief. I know you want to. For who knows how long, we have all been listening to the ranting and raving of doomsmongers who cautioned us that the end of the world was at hand. Y2K, once short for "Year Two Thousand," somehow became synonymous with chaos. Whether you believed them or not, at some point you wondered what would actually happen if they were right. What if Armageddon did in fact declare itself at the stroke of the new millennium? How would it happen? Where would you be? What would you do?

An even better question is this: In anticipation of the final moments of life as you knew it, what were you prepared to do with yours? Was there anything you decided to try? Any risk you wanted to take? Go skydiving? Drive across the country? All of the above? Next question: What on earth is stopping you? As the end of the year approached—and for all we knew the end of civilization—are you surprised that we didn't see a rash of people living out some of their wildest dreams?

I am not talking about your typical New Year's resolutions here. I don't think that when faced with the possibility of certain death your first thoughts would be to diet or stop biting your fingernails. I am talking about all of those things you saved for "someday." Someday, I'll write a book. Someday, I'll go backpacking in Europe. Someday, I'll... well, you fill in the blank.

I don't think there is anyone who knows me that would call me a risk-taker. Academically, professionally, sure maybe. But I usually tend to take a more reserved approach to

things. In fact, when I play Truth or Dare, I never pick Dare. A little over a year ago, a friend gave me a deck of Lynn Gordon cards for my birthday: "52 Things to Try Once in Your Life." At first, I was a little apprehensive. Then, I decided that this could be a really good way to bring some major change to my life—or at least a little excitement. I resolved to draw one card each week for the next year and do everything the deck instructed.

I've fallen a little behind, and I haven't made it all the way through the deck, but I have not given up on it yet. The cards have provided me with quite a few interesting opportunities. Buy a lotto ticket. I did. It wasn't a winner. Eat escargots. It wasn't bad at all. Speak in public. Not as terrifying as you might think. Get a tattoo. I almost did once. Request an autographed picture of your favorite celebrity. I have a letter in to Patrick Stewart. Buy a baseball team. Would any of you like to donate to this cause? Get a massage. I highly recommend this to any stressed out student. Fall in love. That was a complete disaster. I don't think I'll try it again. Prepare an acceptance speech for the academy awards. You'll just have to wait and see. Poop in the woods. Umm... what? I don't think so.

Okay, so the world didn't come to an end. You are still here. You are back at school, ready to face another fun-filled exciting semester. Right? If you're rolling your eyes at the idea of school being fun-filled and exciting, then do something about it! Blare REM's "End of the World as We Know It" and get your own deck of cards. Ask that cute kid in biology class out for coffee. Dye your hair. Pierce something. I don't care, just DO IT!

After all, who knows what tomorrow holds? So make a really fantastic New Year's resolution and act on it. Do something outrageous just for the heck of it. But, do me a favor. If your something outrageous involves heading to the woods, don't call me. I'm busy trying to buy a ball team.

Kernel Columnist Marianne Lorensen is a family and consumer sciences education senior. Her views do not necessarily represent those of the Kernel.

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The Kernel reserves the right to edit all material received.

IN OUR OPINION

Put trash in its place

General Assembly should pass bill to discourage illegal dumping

It's a filthy world we live in. The state of Kentucky is known for its scenic beauty, with rolling hills, mountains and lush green valleys. Probably covered in garbage.

Illegal dumping is one of Kentucky's best-kept secrets. Mainly because these illegal dumpers keep finding remote places to put their waste. The reason? Only 22 counties out of 120 require residents to sign up for garbage pickup, which, of course, comes with a small fee. Some don't want to pay it because they know they can just dump their garbage illegally. Others might not be able to afford it.

Now, the Kentucky General Assembly is doing something about it.

On the table for the 2000 regular session is a three-part bill, backed by House Majority Leader Greg Stumbo, which also includes a deposit on cans and bottles as well as a quarter-cent tax on fast food items with disposable packaging. All three parts are liable to see a vigorous debate in the session.

Predictably, most county officials oppose the mandatory garbage collection saying they already have effective waste disposal programs.

The images seem to tell otherwise. State police, in an effort to crack down on illegal dumping, have installed a number of video cameras at popular sites in an attempt to catch the illegal dumpers red-handed. It's a shame that people are so inconsiderate of what their actions make our environment look like that they can't recognize the evils of this illegal dumping.

Surely law enforcement officials have other more serious and demanding tasks than to just sit around and wait for illegal dumpers. But until people start taking the initiative and dispose of their waste properly, there will continue to be a need for them.

And people aren't taking the initiative. That's why the state should go ahead with at least this part of the bill. Our Kentucky environment is not something that we can regenerate. It costs money to clean up these illegal dump sites, many of which probably haven't been discovered yet. It costs money to pay police officers to sit and patrol these sites when they could probably be out fighting an increasingly difficult war against drug trafficking in Kentucky.

And yes, it costs money to have your garbage hauled away. But it sure beats the alternative.

U.S. entertainment dumbs down public



Christopher Emmick
DIALOGUE EDITOR

American public, have eagerly awaited this new wave of pop entertainment. We cannot get enough of watching the tenacity of the human spirit struggling against the pseudo-life-threatening pressure of losing large sums of cash. We also enjoy yelping at the television when a contestant misses an objectively "easy" question.

Despite the entertainment value we receive from shows like "Who Wants to be a Millionaire" and "Twenty-one," they reveal a sad trend in our American society. We don't want to challenge our intellectual selves for entertainment.

These flashy quiz shows are prime examples of our complacency. Take a general sampling of questions asked and answered from previous episodes. Although there are many difficult topic-specific questions asked, most of the questions are general knowledge-type questions. Anybody who actually paid attention in high school could get at least 80 percent of the questions correct.

The simplicity of the questions is not my main complaint for the quiz shows. What gets my goat is that most every answer is multiple guesser, multiple choice. As all students attending organized schooling can testify, pulling the answer straight from your brain is much more difficult than selecting from a list of possible answers. And if there is a million dollars on the line, that contestant better learn it, than just randomly pull the answer away from a game of "Eenie-Meenie-Minnie-Moe."

Obviously you can see that I'm a fan of "Jeopardy." But my ire is not a jealous rage over game show popularity—there are other elements of American entertainment that should challenge our intellects, but do not.

Sheesh. Here we go again.

This week has brought back the prime-time million-dollar quiz shows to our television networks. And yes, it costs money to have your garbage hauled away. But it sure beats the alternative.

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Dialogue Editor Christopher Emmick is a computer science senior. His views do not necessarily represent those of the Kernel.

THE FINAL FRONTIER

Probe finds signs of water on Europa

NASA PRESS RELEASE

When NASA's Galileo spacecraft swooped past Jupiter's moon Europa a week ago, it picked up powerful new evidence that a liquid ocean lies beneath Europa's icy crust.

As the spacecraft flew 218 miles (351 kilometers) above the icy moon on January 3, its magnetometer instrument studied changes in the direction of Europa's magnetic field. Galileo's magnetometer observed directional changes consistent with the type that would occur if Europa contained a shell of electrically conducting material, such as a salty, liquid ocean.

"I think these findings tell us that there is indeed a layer of liquid water beneath Europa's surface," said Dr. Margaret Kivelson, principal investigator for the magnetometer. "I'm cautious by nature, but this new evidence certainly makes the argument for the presence of an ocean far more persuasive."

It appears that the ocean lies beneath the surface somewhere in the outer 60 miles (about 100 kilometers), the approximate thickness of the ice/water layer, according to Kivelson, a researcher at the University of California, Los Angeles (UCLA).

"Jupiter's magnetic field at Europa's position changes direction every 5 1/2 hours," Kivelson explained. "This changing magnetic field can drive electrical currents in a conductor, such as an ocean. Those currents produce a field similar to Earth's magnetic field, but with its magnetic north pole — the location toward which a compass on Europa would point — near Europa's equator and constantly moving. In fact, it is actually reversing direction entirely every 5 1/2 hours."

On previous Europa flybys, Galileo identified a magnetic north pole, but did not determine whether its position changes with time.

"We wondered, 'Was it possible that the north pole did not move?'" Kivelson said.

The new evidence was gathered during a flyby specifically planned so that the observed position of Europa's north pole would make it clear whether or not it moves. In fact, Monday's data showed that its position had moved, thus providing key evidence for the existence of an ocean.

It is not likely that the electric currents on Europa flow through solid surface ice, Kivelson explained, because ice is not a good carrier of currents. "But melted ice containing salts,

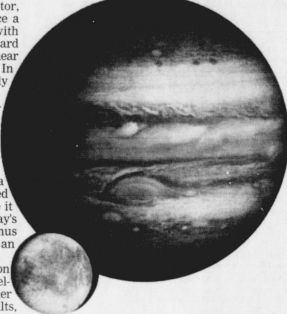
like the sea water found on Earth, is a fairly good conductor," she said.

There is no other likely current-carrying material near Europa's surface, Kivelson added. "Currents could flow in partially melted ice beneath Europa's surface, but that makes little sense, since Europa is hotter toward its interior, so it's more likely the ice would melt completely. In addition, as you get deeper toward the interior, the strength of the current-generated magnetic field at the surface would decrease."

These latest findings are consistent with previous Galileo images and data showing a tortured surface seemingly formed when Europa's surface ice broke and rearranged itself while floating on a sea below. Further theoretical work is under way to analyze the fluid layer and its properties.

"It will be interesting to see whether this same type of phenomenon occurs at Jupiter's moon Ganymede," Kivelson said.

Galileo is tentatively scheduled to fly by Ganymede twice this year. Kivelson is joined in her magnetometer studies by Drs. Krishan Khurana, Christopher Russell, Raymond Walker, Christophe Zimmer, Martin Volwerk of UCLA, as well as Steven Joy and Joe Mafi, also of UCLA, and Dr. Carolee Polanskey of NASA's Jet Propulsion Laboratory (JPL), Pasadena, CA.



CLASSIFIEDS

Continued from page 9

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