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## Trustees distressed over nominees

### Some say candidate selection 'defies logic and statistics'

By Jill Laster  
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Some Board of Trustees members are concerned over how the nominating committee selected nominees for senior board positions after a meeting yesterday.

The chairman of the board, vice chair and secretary of the board are elected annually.

This year, nominating committee Chairman Frank Schoop e-mailed trustees for input on which board members should be nominated for the positions. Schoop then took the three candidates that received the most nominations and presented them as the only nominees.

Some on the board thought Schoop exercised too much individual discretion in the selections.

"I wasn't happy," said faculty trustee Ernie Yanarella. "Some of the other board members, as did I, recognize there is a difference between an e-mail soliciting suggestions and votes."

"I took the e-mail (sent by Schoop) as eliciting a call for candidates we would whittle down," he said.

During the meeting, Schoop presented three names for nomination: Steve Branscum, a contractor from Russell Springs, for chairman; Mira Ball, current board member, for vice chair; and Pam May for re-election as secretary.

Schoop justified narrowing the field to three nominees by saying the persons chosen had a majority of the nominations.

"Those three names got the vote (in the e-mail responses) well ahead of anybody else nominated," Schoop said.

Faculty trustee Jeff Dembo, who attended the meeting but is not a nominating committee member, said the board engaged in "backroom politicking" with the e-mail nominations. The fact that only three names were presented to the nominating committee as candidates is evidence of that, Dembo said.

"It defies logic and statistics, I believe," he said.

Dembo also admonished the committee for not nominating a woman for the board chairperson.

"It needs to stop from the top down," Dembo said. "If things are equal, the board should look at ways to enhance its diversity."

UK has never had a woman head the Board of Trustees and to elect another man as chairman, Dembo said, hurts UK as it tries to reach its top-20 goals.

"It would be hypocritical for the board to vote on this slate and approve it," Dembo said.

Four board members not on the nominating committee attended yesterday's meeting.

See **Nomination** on page 3

## Police search for suspect in non-fatal student shooting

Staff Report  
news@kykernel.com

Lexington police are investigating the non-fatal shooting of a student that occurred Saturday night.

Paul Daniel Doss, a civil engineering senior, was shot around 7:30 p.m. on Johnston Boulevard.

Doss said a man in a car was verbally fighting with someone when the person in the car pulled a gun and fired three shots into a crowd. One of the bullets found Doss' right leg. Doss said he didn't know either person involved in the fight.

He was taken to the hospital and was able to walk out under his own power later that night and said he was "doing fine."

Lt. James Carless of Lexington police said investigators are talking to witnesses trying to identify a suspect described as a younger black male.

## Study: assaults on women drop slightly

By Alice Haymond  
ahaymond@kykernel.com

UK's efforts to increase campus safety have made female students feel safer, but the percentage of women who have actually experienced assault has not dropped much in three years.

In the 2004 Women's Safety Study, women on campus anonymously unveiled where they felt most unsafe at UK and what kind of assaults they had encountered. In response, President Lee Todd launched a \$1.2 million initiative to improve campus safety.

A study released today shows that

of the 2,000 female students who received phone calls last spring for the study, 31.7 percent said they felt "very safe" on UK's campus. Three years ago, only 16.4 percent felt that way.

That earlier study also reported, however, that UK women express fear at a lower rate than the rate at which they experience victimizations.

So while more women feel very safe on campus in this year's study, more than a third said they had experienced a sexual assault, a physical assault or stalking.

That number dropped slightly from 36.5 percent in 2004 to 34.1 percent, but was not statistically significant

enough to say that fewer women are being victimized at UK, said Carol Jordan, the director of the UK Center for Research on Violence Against Women, which conducted both studies.

She was confident, however, that the slight decrease indicates that UK is moving in the right direction.

"We saw the largest leap in areas of women's perceptions," Jordan said. "We want to, in the future, see equal improvements in what actually happens to women."

UK used the women's information to target specific areas with additional lighting and patrols and began ad-

ressing safety education.

"Education, prevention and changes to physical space are making women feel like they're more at home and safer here at UK," Jordan said.

She also emphasized, however, that women should not take risks on campus, such as walking alone in the dark.

Improving attitudes and awareness was the necessary beginning step, Jordan said, and reducing the number of victims among women to nearly half of what it is will take more education and intervention.

See **Study** on page 3



Students, staff and Lexingtonians wait in a line wrapped all the way to the back of Chipotle on South Limestone Street yesterday to receive free burritos and drinks. This year marks Chipotle's fifth annual Free Burrito Day.

## Do you want beans with that?

### Students flock to Chipotle for free burritos

By Britney McIntosh  
news@kykernel.com

Just like Christmas, Labor Day and Thanksgiving, Free Burrito Day at Chipotle is an event that marks the calendars of many students.

For some of the regulars it is a day to save six dollars, for others it is a first encounter with Mexican-American food.

"I think it is delicious," said Lydia Davis, an electrical engineering sophomore and first time Chipotle customer. "I've never even had a burrito before."

The line that wrapped around the restaurant on South Limestone Street doesn't bother most customers. "I don't mind the wait," said Holly Wood Haley, a Lexington resident. "I'm a musician, I've been waiting all my life."

Chipotle employees said that the day of free food is a very successful advertising technique.

"This money is much better spent than traditional advertising," said Kay Sterling, the local marketing manager. She came from Cincinnati to help work the event. "What makes my job easy is all you have to do is feed people and they're sold."

Mike Wilson, manager of the restaurant near campus, said the cost of the day's burritos comes from their advertising budget.

"We use this as an ad expense," Wilson said. "We don't consider it as a money loss."

Many employees from other Lexington and surrounding area locations came to help work the fifth annual event.

See **Burrito** on page 3



Area manager Laura Ramirez gives Sisi Bright, an accounting and pre-optometry sophomore, her free burrito yesterday afternoon at the Chipotle on South Limestone Street.

## Blood donation goals surpassed in annual drive

By Colleen McCoy  
news@kykernel.com

Not even a 300-pound linebacker can produce as much blood as UK students have donated.

UK surpassed its goal of 300 pints in the annual Battle of the Bluegrass blood drive between UK and the University of Louisville and has donated more than twice as much blood as U of L with a week left in the competition.

Jim Tinker, director of marketing and communications at the Kentucky

Blood Center, said UK students are exceptionally strong donors.

"Students in particular know that they can make a difference in their community," he said. "When school is out of session, the blood supply certainly reflects the students' absence."

According to the Kentucky Blood Center, college students provide about 25 percent of all blood donations.

"It's a great cause and they turn one bag into three lives saved," said Misty Puckett, an undecided freshman. "It's one of my favorite hobbies, saving lives."

Not only are students enjoying the feeling of pride that comes with donations, but they are also drawn to other incentives of the contest.

Along with their contribution for UK in the competition, donors are entered in a drawing for a 42-inch plasma television and two tickets to the upcoming U of L football game.

"I figure my blood helps people that need it, plus I get a free T-shirt," said Dustin Biggerstaff, an exercise science senior.

Tinker said many students give blood because of the positive feeling

they get after their donation. "No matter how your day went, after you donated you can walk around tall and know that you did something really great," he said.

Sponsored by the Kentucky Blood Center, the contest began Aug. 13 and will continue through next week. The blood drive started eight years ago in Louisville through the Red Cross but has expanded to Lexington with sponsorship from the UK Alumni Association.

The blood donated in Battle of the

See **Blood** on page 3

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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 a 6 — Hold off on mailings, shipping stuff and advertising now. Focus instead on your mending and listening to the family's woes.

**Taurus** (April 20-May 20) — Today is a 7 — You're generally a very cautious person, and that's a wonderful thing. Continue with that attitude, while watching for excellent deals to pounce upon.

**Gemini** (May 21-June 21) — Today is a 7 — A door that was closed before has opened up just a crack. Figure out what you really need and ask for it again.

**Cancer** (June 22-July 22) — Today

is an 8 — It's good to listen, although you don't always like what you hear. Continue to teach from your strengths, even when criticized by a jerk.

**Leo** (July 23-Aug. 22) — Today is a 6 — It's becoming apparent what needs to be done next. Unfortunately, some of it should have been done yesterday. Don't look back, but do get busy.

**Virgo** (Aug. 23-Sept. 22) — Today is an 8 — The people who yell louder are not necessarily right. Be polite and resilient. Also be quick. Don't get squashed.

**Libra** (Sept. 23-Oct. 22) — Today is a 6 — You'll advance your career now by doing what you promised, on time. There will be no more excuses allowed, so don't even ask.

**Scorpio** (Oct. 23-Nov. 21) — Today is an 8 — The crisis phase is past, and you'll have more time soon for playing with friends. This is excellent because you really need a

break. Sign up for some comic relief.

**Sagittarius** (Nov. 22-Dec. 21) — Today is a 6 — Continue to build a strong economic base for yourself. The security you gain increases your confidence and your status.

**Capricorn** (Dec. 22-Jan. 19) — Today is an 8 — Make your decision and take action before discussing it any further. You've talked about it enough. Nothing's different except that time's running out. Choose.

**Aquarius** (Jan. 20-Feb. 18) — Today is a 6 — Carefully explain so everyone can understand. Nobody said this was going to be easy. In fact, it's very hard work.

**Pisces** (Feb. 19-March 20) — Today is an 8 — A person who loves you very much wants to tell you something important. The trick is, it could be anyone. Better listen carefully.

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## THE DISH

By Jessica Mehalic

"We're playing around with it. We're still figuring it out," magician Criss Angel eagerly told us at an August 23 Cirque du Soleil Correo party about his newest trick: helping Britney Spears with her potential MTV Video Music Awards performance on September 9. But when asked if their relationship went beyond the professional, he flashed a grin and stayed mum. The Las Vegas illusionist, 39, had reason to be coy. That night, he and Spears, 25, shared a sleeper at The Tower Beverly Hills — the latest in a series of encounters that began August 15, when the two met up for a mutually beneficial photo op at L.A. eatery Cravings.

The drama-prone pop star left Angel's suite at 9:15 the following morning, heading to her Beverly Hills home. Waiting for her there: her sons, Sean, 23 months, and Jayden, 11 months, whom she'd left at home the night before with yet another new nanny. By 3 p.m., the boys were picked up by a bodyguard of dad Kevin Federline's so Spears' parents could see them.

ing a cigarette inches away from son Sean's face, and drinking what appeared to be a margarita. That night, at 1:15 a.m., she hit L.A. club Opera, where she unknowingly took over frenemy Paris Hilton's regular table. When Hilton waltzed in and spotted Spears, she appeared irritated but steered clear of the troubled star. The next day, the L.A. Society for the Prevention of Cruelty to Animals visited Spears' mansion to investigate possible mistreatment of her new Yorkie puppy, London, who had been wearing a splint. "We had lots of calls and e-mails alleging a problem," L.A. SPCA president Madeline Bernstein tells us. Spears' veterinarian confirmed the dog was treated for a leg fracture, and the case was closed.

Her next brush with the law came just one day later, shortly after midnight, when cops pulled her over near L.A. for driving erratically, before releasing her without a citation.

Capping off Spears' tumultuous week? A shocking TMZ.com report that the singer is being actively investigated by the L.A. County Department of Children and Family Services for potential abuse or neglect. Among the allegations: exposing her sons to poor dental hygiene and improper eating and sleeping habits (all previously reported by us). TMZ noted that details of the charges appeared in legal filings made by Federline's attorney, Mark Vincent Kaplan, and suggested Spears'

ex may have filed the complaint. A rep for Federline had no comment, but a Federline source tells us, "Kevin's just scared (for the kids)."

Just how serious is this latest development? "If the judge rules abuse, she could lose her kids," attorney Steven Cron (who is not involved in the case) explains to us. "The court could go in without notice and take the kids with police officers, if they think there is imminent peril."

## Working Girl

Spears may not be focused on her mothering skills, but she has been working on a career comeback. Of primary importance: her collaboration with Angel on an opening act for MTV's VMAs, which she was due to present to network reps on August 27. (That day, Spears was seen entering L.A.'s Alley Kat dance studio with manager Jeff Kwatinetz, who, a source says, "is working with Brit on a trial basis.")

"She's planning it to be a not comeback performance," says a Spears insider, who adds that the goal is to make it "shocking." One early idea that was canned? Performing "My Prerogative" amid a medley of hits, as images of exes Justin Timberlake and Federline and other gossip fodder flashed on a screen behind her. As for a report that she'd do a duet with Timberlake? "Totally, patently false," says a Timberlake source.

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**Sept. 11 & 12**  
**B&E Resumania & Club Days**  
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**Sept. 18**  
**Multicultural Networking Reception**  
Starts promptly at 5:30 p.m.  
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**Sept. 19**  
**2007 Business Career Fair**  
10 a.m. - 2 p.m.  
Student Center Ballrooms  
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For additional details on all events, contact the James W. Stuckert Career Center at 257-2746 or visit [www.uky.edu/CareerCenter](http://www.uky.edu/CareerCenter)

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## UNIVERSITY OF KENTUCKY CRIME REPORT

UK Police reports from Aug. 28 to Sept. 2

- Aug. 28** Theft of bicycles reported from the Barnhart Building at 8:15 a.m.
- Aug. 28** Theft of purse reported from Whitehall Classroom Building at 9:30 a.m.
- Aug. 28** Arrest for theft reported from the Student Center at 11 a.m.
- Aug. 28** Theft of vehicle parts reported from Commonwealth Stadium at 11:15 a.m.
- Aug. 29** Theft reported from W.T. Young Library at 9:40 a.m.
- Aug. 29** Terroristic threatening reported from UK Hospital at 4:52 p.m.
- Aug. 29** Theft reported from W.T. Young Library at 6:20 p.m.
- Aug. 29** Theft reported from the Hamilton House at 7 p.m.
- Aug. 30** Liquor law violation reported from Farmhouse Fraternity House at 2:06 a.m.
- Aug. 30** Theft reported from Maine Chance Farm at 8:39 a.m.
- Aug. 30** Theft reported from UK Hospital at 1:30 p.m.
- Aug. 30** Theft reported from the Barnhart Building at 11 a.m.
- Aug. 30** Theft reported from the Johnson Center at 2:30 p.m.
- Sept. 1** Arrest for possession of marijuana, reported at the UK Police Department at 1 a.m.
- Sept. 1** Theft reported from Commonwealth Stadium at 4:30 p.m.
- Sept. 2** Criminal mischief reported from Rose Lane at 9 a.m.

Compiled from reports at UK Police Department.  
Compiled by staff writer  
Alice Heymond.  
E-mail aheymond@kykamel.com.

## BLOOD

Continued from page 1

Bluegrass helps supply 67 hospitals in central and eastern Kentucky. These hospitals use over 200 pints of blood in transfusions every day, according to the blood center.

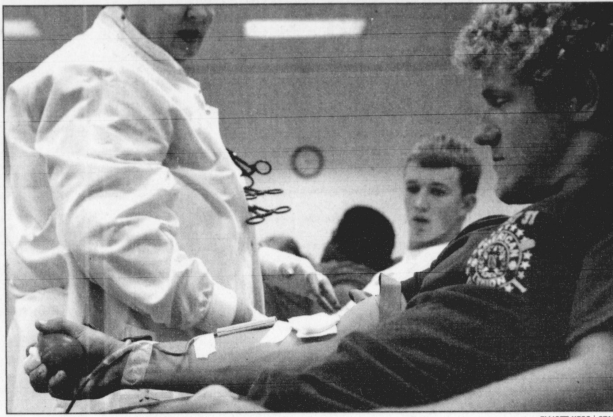
"There is a constant, never ending appetite for blood," Tinker said. "The donors are really the ones who are in charge, because they save the lives."

Although 37 percent of Kentucky's population is eligible to donate blood, only 5 percent actually do.

Eligible students include those who are at least 17 years old, at least 110 pounds and in good health. Donations must be separated by a period of 56 days, or if the donor has been exposed to malaria-ridden areas outside of the United States, a 12-month waiting period is required. Taking antibiotics prevents someone from donating, as well. Prior to giving blood, students have a mini health screening to assure their eligibility.

Although the blood center's goal for donations was surpassed, it is continuing to encourage UK students to donate.

"I don't think UK fans would tell the football players to stop tackling when they are up at half time, but right now UK is clobbering U of L," Tinker said. "I would call it a bloodbath."



Jack Athenas, a mechanical engineering freshman, donates blood yesterday during the month-long Battle of the Bluegrass blood drive on the second floor of Commons Market. The annual drive is a competition between UK and the University of Louisville.

ELLIOTT HESS | STAFF

## STUDY

Continued from page 1

One indication of how education and awareness has already made a difference, Jordan said, is that more rapes are being reported.

In 2004, only 2.5 percent of women who had been raped reported it to the police. That number has increased to 9.1 percent.

Most women think the offenders in rape or any other types of assault on women are strangers. The majority of offenders, however, are men whom the women already know, and according to what UK women said in this study, they are also other college students.

That is not surprising, Jordan said, because college men are the ones with whom women spend time, but more education needs to be directed at men.

"It's a homegrown problem," Jordan said. "Too often it is another student committing (the assault), which signifies

that we need to do education about what is appropriate conduct and what is not."

Fewer women in this year's study said they avoid some places on campus out of fear, and most of those avoided neighborhoods around campus rather than areas on central campus.

The study listed specific areas off campus, just as it had listed on-campus areas in 2004. Jordan said she would give the updated campus list to UK Police and UK Physical Plant Division.

She would also give an off-campus list to Lexington's town and gown commission, the Division of Lexington Police and neighborhood associations in the UK area to help target the dangers women associate with certain off-campus areas.

"Safety is an ongoing process that will never be completed," Todd said. "This study shows where we've made progress. But it also shows what is left to do and, in that way, it reinforces our commitment to safety."

## BURRITO

Continued from page 1

"The first couple of (years) it was tough, but now we've got the system down and it's fun now that we know how to do it," Wilson said.

By the end of the day, employees worked a collective 200 hours and went through close to 800 pounds of chicken.

"Chicken is definitely the most popular," Wilson said.

Despite the increase in the number of customers at Chipotle - the neighboring McDonald's on Limestone denies that their business has been hurt.

"I would say if anything we're getting more business," said Matt Loudon, who has been the manager of McDonald's for four years.

"People look at the wicked line and come here instead," Brian Hicks, a local McDonald's customer, agreed.

"Well I'm homeless," he said. "I wait in a lot of lines,

but I'm not waiting in that." Chipotle employees said the long lines give them job experience. All of the people who come in from other Chipotle restaurants to help and from other cities do so on a volunteer basis, Sterling said.

At the end of the day, there was a campus full of happy bellies.

"People look at the wicked line and come here instead," "God, that was good and it was so free," said Tyler Woodling, a business management sophomore. "I will definitely be back."

## NOMINATION

Continued from page 1

meeting, including Dembo, Student Government President Nick Phelps, staff trustee Russ Williams and Ball.

The committee also voted on the six members to be nominated to the executive committee of the board. All six members nominated are the same as last year's committee.

"To keep the same members year after year denies board members to stand in a lead-

ership position," said Williams, a trustee since 1998.

Schoop told Williams he made a good point.

"If I serve on the committee next year, I will take that into consideration," Schoop said.

Williams responded by saying the committee had time at yesterday's meeting to consider new nominees. Schoop said they must move forward with voting.

The Board of Trustees will vote on the nominees at the next full board meeting Tuesday. At the meeting, board members will be allowed to make other nominations.

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## Former UK player returns as Kent State head coach

By Eric Lindsey  
elindsey@kykernel.com

Kent State head coach Doug Martin isn't shy about admitting it. In fact, he almost boasts it.

When the fourth-year head coach enters Commonwealth Stadium on Saturday, he will be returning to the place he graduated from, the place he grew up loving and the place that will always have his support.

"I had one of the greatest college experiences ever," Martin said. "I loved the University of Kentucky and still do. It was a great place to go to school. Obviously my playing career, with injuries and things like that — I was probably a little over my head athletically, but it was a great place to play."

Martin, a 1985 graduate of UK, returns to Lexington on Saturday — the first time he will enter Commonwealth Stadium as a head coach. The 44-year-old was a four-year letterman from 1981-84 as a reserve quarterback under former coach Jerry Claiborne.

During his junior and senior seasons, Martin was a part of UK teams that played in the 1983 and 1984 Hall of Fame Bowls. Injuries limited Martin's time on the field, but Claiborne let the Oak Ridge, Tenn., native stay on the team as the holder on field goal attempts and as a student-coach.

After graduating, Martin realized his career calling card when he stayed on the staff for two years as a graduate assistant.



COURTESY OF KENT STATE ATHLETICS  
Kent State head coach Doug Martin graduated from UK in 1985.

"Claiborne sat me down one day and gave me a talk about what a coach is and what it should be," Martin said. "He really kind of led me down that path. I really knew at that time that this is what I wanted to do."

Martin went on to coach as an assistant at East Tennessee State for four seasons and then moved on to East Carolina where he coached for 11 seasons. Known as a quarterback guru, Martin served as the offensive coordinator in the last seven seasons at ECU, grooming the likes of David Garrard, the Jacksonville Jaguars starting quarterback, before moving on to Kent State.

Throughout his tenure at other schools, Martin picked up different philosophies from a

wealth of coaches, but to this day, he still models his philosophy off of Claiborne.

"I think I'm very firm with them but very fair; very demanding of them but not overbearing," Martin said. "I think he had a great sense of how to motivate you as a player. As a person you knew he was very honest with you. He didn't blow smoke up your skirt and tell you how great you were when you weren't, and I've tried to be the same way."

For some fans in attendance, seeing Martin and UK offensive coordinator Joker Phillips on the same field might seem like a flashback to the 1980s. Martin and Phillips were both a part of the same recruiting class and were teammates for four years.

"It'll be different," Phillips said of seeing Martin on the opposing sideline. "His wife (Vicki Martin) is a Henry Clay grad, my wife is a Henry Clay grad; so it'll definitely be different."

Martin's rise in the coaching ranks comes as no surprise to Phillips who could see Martin's coaching ability early on.

"He was always a smart player," Phillips said. "Being a quarterback as long as he was ... you always knew he was going to be a coach because he was a smart football player."

No matter what happens on Saturday, Martin's heart will always lie with UK, he said.

"We have a lot of roots there, a lot of friends still there," Martin said. "The first thing I always do is pick up the paper and see how the Cats did."

## Mid-major foe Cats' biggest challenge of the year

This isn't the week that every UK fan, player and coach has circled on their calendar.

This isn't the week that the UK faithful has been dreaming of or having nightmares about.

This isn't the stage for Andre Woodson to kick off his Heisman Trophy campaign or the stage for the goalposts to come down again.

But all of those blue bloods should beware: This is the toughest week of the year for the Cats. When you couple the zest of a season-opening win and the anticipation of the game that no one is supposed to be talking about yet, Kent State week becomes the most difficult week of the year.

No offense to Kent State — UK has struggled against teams from the Mid-American Conference and the Golden Flashes went on the road last week and beat a Bowl Championship Series team in Iowa State — but this isn't what has people excited.

People are excited because the Cats had 30 points midway through the second quarter against Eastern Kentucky (first game), and there is a real possibility of beating Louisville (the third and biggest game). The middle game coming this Saturday is about as popular as the middle child.

But let's make one thing clear: UK says they have no interest in Louisville right now. Chill about the 'Ville, they say.

"I want to try to say this nicely, but everybody keeps bringing up Louisville," head coach Rich Brooks said. "They brought it up before the opener. Some of you all (the media) and a lot of other

people are upset that Louisville wasn't our opener. Whatever that means, we're not playing Louisville, we're not worried about Louisville, and I'm not worried about my players thinking ahead to Louisville."

That may be true to a certain extent. Kent State is more than capable of knocking off the Cats. But it is hard to imagine the players not having flashes toward U of L rather than the Golden Flashes with the rivalry game so close.

But the team won't talk about it. They're as quiet about U of L as Rupp Arena is when a UK player is at the free-throw line.

But the fans are talking. They have been all summer, and they will continue to through next Saturday and beyond.

When the guy with the "I Bleed Blue" shirt in your 10 a.m. class talks to you about football today, he's most likely to say, "Man, the offense looked really good last week, and U of L kind of struggled with the short passing game, which is offensive coordinator Joker Phillips' specialty. I think this is our year."

Our year to beat Louisville. Not Kent State. That's what makes this the most difficult week of the year. Appalachian State opened many eyes last week in their win against No. 5 Michigan — teams get pumped up for some games more than others. It's only natural.

So if you want to sound like our team, tell the guy talking your ear off about how much better Woodson is than Louisville QB Brian Brohm to shut up. It's too early for that.

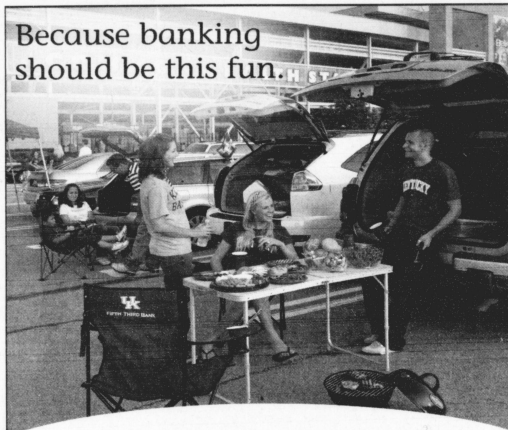
But when you walk past your UK football calendar tonight (with a big blue circle around Sept. 15) to go to sleep, we all know what you'll be dreaming about.

Jonathan Smith is a journalism senior. E-mail [jsmith@kykernel.com](mailto:jsmith@kykernel.com)

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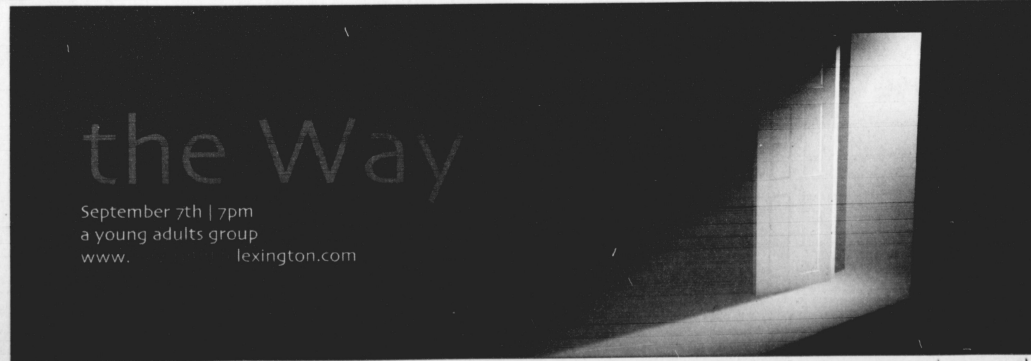
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## Volleyball extends winning streak to six games

By Kenny Colston  
kcolston@kykernel.com

The UK volleyball team continued its early season dominance last night, defeating in-state rival Eastern Kentucky at Memorial Coliseum and extending their winning streak to six games.

The Cats (7-1) easily defeated the Colonels (1-5) in three games while improving their perfect home court record to 4-0 this season. Although the Cats dominated the majority of the match, head coach Craig Skinner saw progress, not perfection.

"Eighty percent of the time we played well," Skinner said. "Twenty percent we let off. We need to mature more in focus."

The Cats' win improved their record to 2-0 against in-state teams after defeating Western Kentucky earlier in the year. Overall, UK is 5-1 against in-state schools under Skinner.

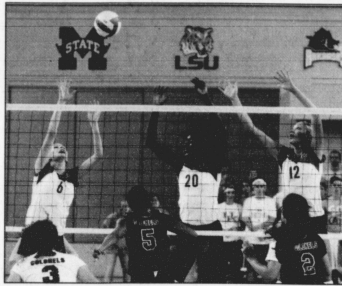
"It's very important personally (to win against in-state schools)," senior middle blocker Nicole Brittenriker said. "We like to be the dominant school of the state."

Sophomore setter Sarah Rumely agreed, saying the players have a message to send.

"We want to show that we are the best volleyball school in Kentucky," Rumely said.

While Skinner thinks winning against in-state opponents is important, his focus is on the bigger picture.

"It's good to just compete at the highest level," Skinner said. "We want to represent Kentucky and be the best in the state. But



BRITNEY MONTGUSH / STAFF

Middle blocker Lauren Rapp sets the ball for middle blocker Queen Nzenwa and outside hitter Blaire Hiler last night against EKV.

(our) first (priority) is how we play."

The Cats picked away at EKV in game one behind three dominating streaks. The Cats scored eight points in a row once and five in a row twice.

Junior middle blocker Queen Nzenwa added three kills and a perfect 1,000 hitting percentage to help the Cats start off well. Brittenriker, the Southeastern Conference Player of the Week, added five kills.

UK continued where they left off in game two, leading EKV 15-8 early. From there, the Cats steadily increased their lead to nine points before winning game two and leading the overall match 2-0.

Kirby Barnhart, a sophomore middle blocker for EKV and daughter of UK athletic di-

rector Mitch Barnhart, entered for the Colonels in game two, attempting only one attack with no kills. Barnhart continued to play in game three and finished the match with two total attacks.

Up 2-0, UK came storming out in game three dominating the Colonels for a 20-8 lead. The Cats let their guard down briefly, allowing seven points, before finishing off the Colonels 30-21.

While the Cats weren't "100 percent" according to Skinner, they are still riding the program's longest winning streak since 2004.

"We were rusty in a couple of areas," Brittenriker said. "But if we play consistently and communicate, we'll play well."

## Freshman goalkeeper shutting out expectations, competition

By Bobby Reagan  
sports@kykernel.com

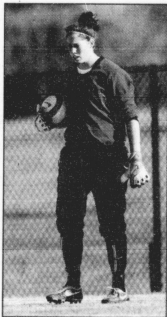
Inexperience and youth usually don't translate into wins. But for the women's soccer team, the blend has proved a mix for success.

After two games, a 0-0 tie against No. 15 Purdue and a 1-0 victory over Loyola-Chicago, the UK defense, behind goalkeeper Laura Baker, has yet to allow a goal.

Baker, a redshirt freshman, is answering the call of replacing All-American goalie Anne Ogundede. She recorded the clean sheets last weekend helping the Cats (1-0-1) to a second place finish in the Boilermaker Challenge Cup in West Lafayette, Ind.

"I just remembered how Anne played with so much confidence and how that carried over to the team's performance last year," Baker said. "I just wanted to play with the same type of confidence this weekend."

Baker, whose hometown is a 45-minute drive from West Lafayette, was awarded the tournament's defensive Most Valuable Player after notching 11 saves. Her performance came as no surprise to senior midfielder Sarah Gaunt.



COURTESY OF UK ATHLETICS

Redshirt freshman Laura Baker has not allowed a goal this season.

"She was able to play with us in the spring and summer which boosted her confidence and got her more comfortable with the team," Gaunt said. "However, these two shutouts will be huge for her down the road. She's going to do real well this year."

The reigning 2006 SEC Champions kicked off their 2007 campaign with the draw

against tournament-host Purdue Friday. UK's best scoring chance came three minutes into the first overtime when freshman forward Lauren Novikoff fired a 15-yard shot over the crossbar.

The shot by the freshman showed the diversity of age on the squad.

"I think the mix of experience is perfect because they are able to give me advice during the game," Baker said. "At the same time, we know if we can do well this year, the next couple of years together on the team can provide a bright future."

UK took the pitch two days later against Loyola-Chicago where Novikoff made up for the missed opportunity against Purdue. After 85 minutes of scoreless play, the freshman from Madisonville, Tenn., found the back of the net, giving the Cats a 1-0 victory.

"It was important to come away with a win after a lucky tie on Friday," Gaunt said. "It was vital because both Loyola and Purdue are ranked in our region as well as matching a nationally ranked team in Purdue."

Baker, Gaunt and the rest of the Cats will look to extend their shutout streak to three games tonight when they host Evansville at 7 in their home opener.

## Carr reacts after Michigan loss

By Mark Snyder  
Detroit Free Press

ANN ARBOR, Mich. — Lloyd Carr treated Monday's news conference as he treats most Mondays.

Even after thrilling wins and crushing defeats — Saturday's 34-22 loss to Appalachian State — certainly qualifies as an extreme — the University of Michigan football coach remains guarded.

While some Monday questions have drawn powerful reactions from Carr in the past, he was measured throughout the 26-minute question-and-answer session, even when some inquiries about dealt with his personal status.

The most significant insight came when he was asked if there were any signs leading up to the game that might have tipped him off.

"I expect some communication issues," Carr said. "In terms of substitutions, some of those things are part of a first game. But going back to the spring, we've had some issues with this team. It's something that you know for sure, but certainly we had more issues on the

field as far as the discipline that is required for winning football than I expected. We've got to get better in that area, that's for sure."

Although he did not get specific about the issues, Carr was pressed on whether those had anything to do with the multiple legal and disciplinary actions taken against a number of players, some of whom were dismissed from the team, some retained and one, tight end Carson Butler, who was kicked off, then reinstated.

"We have a core of outstanding people who are returning, who are motivated, who are leaders," he said. "But assembling a new team in the fall, where you're replacing veteran players, that's always the challenge. That's always the unknown. Because you really don't know until you get into the stadium and into the competition how certain players are going to respond. Any off-the-field issues are distracting to a team. You're trying to deal with those. But they certainly distract you from the game. How much that had to do with it? I don't know."

posed to captain Jake Long, his answer was more succinct.

"Once we got into camp, I thought everyone was working hard and was focused," Long said. "I still think everyone is focused. That is in the past and whatever happened in the summer is in the past. We are just working for now and trying to correct the mistakes."

The first step to see if it was an aberration or a pattern comes on Saturday against Oregon, which Carr said runs a spread-option attack strikingly similar to Appalachian State's.

"Any time you're coming off a great, emotional win, or a big disappointment, you've got a challenge as a team," Carr said. "Sometimes it's hard to come down from a high, and certainly it is difficult to bounce back from a low. That comes back to the character of your team. There is no question that our team faces a difficult week from the standpoint of being able to put a disappointment behind us. Yet that's really one of the great tests of athletics. You find out if you can handle success, and you have to find out if you can handle disappointment."

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# A tool that isn't just for police: personal breathalyzers for sale

By Gordon Dickson  
McClintock Newspapers

FORT WORTH, Texas — Amy Lefane didn't feel tipsy when she blew into a personal breathalyzer.

But in just a few seconds, the sleek, cell phone-size device beeped and displayed her blood-alcohol level, which was 0.06 — perilously close to Texas' 0.08 limit, which would mean certain arrest if she were stopped by police while driving home.

"I don't feel like I'm drunk at all," said the Grand Prairie woman, who on a recent evening took the breath test in the stairwell of downtown Fort Worth's Four House, where she had consumed three beers. "I would think I could drive right now. I wouldn't have any hesitation getting in the car, which is kind of scary."

Alcohol breath-test machines, the tools of police and probation officers, are becoming a hit with social drinkers. Consumer versions of the same technology used by officers for decades to measure blood-alcohol concentration are now small enough to fit into a pocket or purse. The price has dropped because high-tech improvements since 2004 have made them cheaper to manufacture.

But critics warn that making it easier for people to check their own sobriety doesn't necessarily make the streets safer. "It gives people a false sense of security," said Misty Moyses, spokeswoman for Mothers Against Drunk Driving's national headquarters in Irving, Texas. "Alcohol affects people differently, and impairment begins with the first drink."

And just because the gadgets are now easy to carry around doesn't mean they're easy to use. A Fort Worth Star-Telegram test of one model showed that the instrument, while technically accurate, was tricky to operate and sometimes gave misleading results.

"I think if they can afford it, and they will use it correctly, it will be a very valuable tool," said Steven Kleypas, who oversees the breath-alcohol training program at the Tarrant County College Northwest Campus. "The problem is, they tend to use it as a play toy, and it's very easy to damage one."

In many cities, police oppose the personal breath-test gadgets. They suspect that many drivers wouldn't know how to interpret the results.

"It's easy to fool yourself. You could be impaired even if you're not over or at the legal limit," said Christy Gilford, an

Arlington, Texas, police spokeswoman. "If 0.08 is the legal limit, does that mean 0.07 is OK to drive? It's good for people to be educated about the effects of alcohol, but it would not be wise for them to try to educate themselves while in an inebriated state."

Advocates of the gadgets say people ought to be able to test themselves before they get into trouble. They note that plenty of agencies use essentially the same technology to test suspected alcohol abusers after the fact.

Drunken-driving offenders in Texas and elsewhere often must install interlocking devices on their ignition, requiring them to blow into a machine before their car will start.

Some shelters require the homeless to blow into a device before entry.

Employers use the instruments to test workers in safety-sensitive jobs — a forklift driver, for example.

While police typically can't use the results of handheld machines in court, they can use the devices to get probable cause of intoxication and make an arrest — then take the suspect for a more formal, court-enforceable test later at the police station.

Despite MADD's official position against the personal

machines, at least one MADD chapter in Arizona uses such a device to monitor drunken-driving offenders attending a court-mandated meeting with victims. One of the requirements of the sessions is that the offenders should not show up with booze on their breath.

Restaurateurs and others who serve drinks say the breath testers could ultimately reduce alcohol-related fatalities. Giving people as much information as possible about the effects of alcohol logically would make for a more educated and responsible society, said Sarah Longwell, spokeswoman for the Washington-based American Beverage Institute. The institute represents restaurants and other businesses that serve drinks, and it generally believes that moderate drinkers aren't a safety threat behind the wheel.

"It allows people to clearly understand the law, and the distinction between responsible drinking and driving, and drunk driving," she said. "What's wrong with people understanding what 0.08 means?"

Right now, a 120-pound woman who has two glasses of wine can be 0.08, and she's punished at the same level as a big guy who's had 15 beers and is driving with a BAC of 0.15.

## Woman sues sheriff's dept. over head scarf issue

By H.G. Reza  
Los Angeles Times

SANTA ANA, Calif. — A Muslim-American woman whose religious practice requires that she cover her head in public sued the Orange County Sheriff's Department on Tuesday, alleging her rights were violated when jail officials forced her to remove a head scarf while locked up for about eight hours.

Souhair Khatib sued in U.S. District Court here, charging that her right to practice religion was violated, causing her "extreme mental and emotional distress." Named in the complaint, filed by the ACLU Foundation of Southern California, were Sheriff Michael S. Carona, the captain in charge of courtroom deputies, and Orange County.

Khatib, 32, of Anaheim, said she filed the lawsuit to make other Muslim women in America aware of their right to religious freedom. Many Islamic women cover the head and neck with a scarf called a "hijab" while in public as mandated by the Quran.

A least one lawsuit has been filed over the issue of wearing a hijab in court. The suit, filed in Georgia, is pending.

A fundamentalist woman who in public wears a "burqa," which covers the entire body except the eyes, sued the Florida Department of Motor Vehicles for requiring her to show her face for a driver's license. The case was dismissed.

California DMV spokeswoman Jan Mendoza said Muslim women are allowed to be photographed while wearing a head covering as long as their faces are shown.

Wearing the hijab "is an obligation" and being without it was embarrassing because her head and neck were exposed to strange men in the courtroom and male deputies in jail, Khatib said.

"They humiliated me. We have the right to (wear) our scarves," she said.

According to Khatib's lawsuit, not wearing a "hijab" is a "serious breach of faith." Khatib said she did not wear the "hijab" while living in her native Lebanon but ended the "sin" of not covering up seven years ago, after arriving in the United States.

## D.C. asks high court to overturn gun ban ruling

By Robert Barnes and David Nakamura  
The Washington Post

WASHINGTON — Washington D.C. asked the Supreme Court Tuesday to save the city's ban on handgun ownership, saying an appeals court decision overturning the prohibition "drastically departs from the mainstream of American jurisprudence."

If the court agrees to take the case, as most legal experts believe likely, it could lead to a historic decision sometime next year on whether the ambiguously worded Second Amendment to the Constitution protects an individual's right to own a gun or simply imparts a collective, civic right related to maintaining state militias.

It is a question that has been hotly debated in the nation's courts and legislatures for years, and a decision by the Supreme Court to settle the issue could carry broad implications for local governments and thrust gun control as an issue into the 2008 elections.

Still, the District of Columbia argues in its petition that its law — one of the toughest handgun bans in the nation — should be upheld regardless of whether the court sides with the so-called "individualist" or "collective" legal theories.

"It is eminently reasonable to permit private ownership of other types of weapons, including shotguns and rifles, but ban the easily concealed and uniquely dangerous modern handgun," states the petition, filed by Washington D.C. Attorney General Linda Singer. It adds: "Whatever right the Second Amendment guarantees, it does not require the District to stand by while its citizens die."

Most petitions for review focus on why the court should take the case, but the city's filing serves as more of a preview of its defense of the law, filled with statistics about gun violence and the harm caused to children, women and police officers.

"No other provision of the Bill of Rights even arguably requires a government to tolerate serious physical harm on anything like the scale of the devastation worked by handguns," the petition states.

Democratic Mayor Adrian Fenty said at a news conference outside D.C. police headquarters that the law has strong support among Washington residents. "The only possible outcome of more handguns in the home is more violence," he said. "Our appeal will help the District of Columbia be able to continue to reduce gun violence."

A three-judge panel of the U.S. Court of Appeals for the D.C. Circuit split 2-1 last

March in throwing out the Washington D.C. law, which prohibits handgun ownership except by active and retired law enforcement officers. It also struck down a law requiring that rifles and shotguns kept in private homes be unloaded and disassembled or bound by trigger locks.

The court ruled that the Second Amendment "protects an individual right to keep and bear arms" and that "once it is determined — as we have done — that handguns are 'Arms' referred to in the Second Amendment, it is not open to the District to ban them."

The appeals court acknowledged that its decision was groundbreaking; only one other appeals court — the Fifth Circuit based in New Orleans — has recognized an individual's right to gun ownership, and it nevertheless upheld the federal gun-control law at issue. Nine other circuits around the country have endorsed the collective right.

That split is what makes it likely the justices will accept the case, and the lawyers who brought the case on behalf of six Washington residents who wanted to overturn the gun ban also want the court to take the case.

"We support the court granting (review) and plan on responding very quickly," said attorney Alan Gura, one of the lawyers who brought the case. Both sides expect the court could decide by November whether to hear the case, which would mean a decision could come by next summer.

The Supreme Court has not specifically addressed the gun rights guarantees of the Second Amendment since 1939, when it upheld a federal gun control law and seemed to side with the collective right argument.

The Second Amendment provides: "A well regulated Militia, being necessary to the security of a free State, the right of the people to keep and bear Arms shall not be infringed."

The appeals court's decision to focus on "the right of the people to keep and bear Arms shall not be infringed" rather than "A well regulated Militia, being necessary to the security of a free State" reflects a growing trend in the legal and academic community.

Some gun-control groups are nervous about taking the appeals court decision, which now affects only the District of Columbia, to the national level. Washington D.C.'s petition asks the court to decide a fairly narrow question: "Whether the Second Amendment forbids the District of Columbia from banning private possession of handguns while allowing possession of rifles and shotguns."

## Airlines' performance goes from worse to bad

By Del Quentin Wilber  
The Washington Post

WASHINGTON — Air travelers had another rough month in July. More than 30 percent of flights were delayed or canceled, according to data released Tuesday by the federal government.

The airlines' performance was slightly better than in June, but 2007 remained on track to break flight delay records, monthly numbers released by the Bureau of Transportation Statistics indicated.

The 20 largest U.S. airlines were on time 69.8 percent of the time, down from 73.7 percent in

July of last year. For the first six months of the year, more than 27 percent of flights were delayed or canceled, the worst performance by the carriers since the federal government began collecting such statistics in 1995.

Outside analysts, airline executives and officials with the Federal Aviation Administration have blamed poor scheduling, bad weather, congestion at major hub airports and an antiquated air traffic control system for the delays.

The data showed the worst offenders in July were Comair and Atlantic Southeast Airlines, both regional carriers for Delta

Air Lines. Fewer than 60 percent of Atlantic Southeast flights arrived on time, and Comair posted a 62 percent on-time arrival rate.

Delta Air Lines spokesman Kent Landers said the airline was carefully studying schedules and trying to mitigate delays. Landers blamed weather and congestion in the Northeast for the high number of delayed flights. About 65 percent of Delta's flights arrived on time, the data showed.

"We don't like others any more than our customers do," Landers said.

American Airlines and US Airways also struggled in July,

posting on-time arrival rates of less than 67 percent. Representatives of both carriers said they had adjusted schedules and made other operational changes to improve performance.

The best performers in July: regional carriers Pinnacle and Skywest Airlines. Of the larger carriers, Southwest Airlines performed the best, recording a 75.2 on-time arrival rate.

The 20 airlines measured by the federal government also continued to lose more luggage than they did last year. They misplaced 7.93 bags per 1,000 passengers in July, up from 6.51 in the same month last year.

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## Artist has 'five times' the passion

By Kellie Dates  
features@kykernel.com

Brad Skitimas knows his name isn't too easy on the old memory bank.

That is why the solo artist decided to promote his music with the name, Five Times August, generated from the 24-year-old singer-songwriter's birthday on August 5.

Five Times August will be playing a free concert at the Memorial Hall Amphitheater a month after his birthday tonight at 7.

When asked if he was upset about not being scheduled to play during his birth month, Skitimas joked, "No, all is forgiven. If I limited my shows to only playing in August, I'd have a hard time making a living!"

Making ends meet doesn't seem to be an issue for the Dallas native, however. He has sold 13,000 CDs independently and over 100,000 in online digital download sales since his start in 2001, he said.

Five Times August's music leaks with a romantic energy, ranging from love songs inspired by past relationships, to catchy tunes inspired by influential people in his life.

"I've always just written the kind of music I would want to

### If you go

**What:** Five Times August Concert

**When:** Tonight at 7  
**Where:** Memorial Hall Amphitheater (in case of rain, Worsham Theater)  
**Admission:** Free

listen to," Skitimas said. "A lot of what I write about hopefully comes across as advice to whoever is going through a breakup at the moment."

Skitimas started playing the guitar when he was 11 years old and said he owes The Beatles much credit for his musical passion.

"The cleanliness and love aspect of (The Beatles') music has always inspired me," Skitimas said. "It's universal."

However, his music style has definitely progressed since the release of his latest album, "The Independent," Skitimas said.

"The Independent" is a remastered version of his first album, "Fry Street." He said he wanted to remaster the album because the songs were written when he was 19 and 20.

Five Times August recently finished a new record which will be out in January. Skitimas

said he has matured on the guitar, and unlike his themes of past records, this album will not strictly consist of love songs.

"There are a lot of differences between albums," Skitimas said. "Four years of learning and growing as an artist. The last record was really low budget, and I saved up a lot of money to get the newest record done right. There is a lot more of a professional approach to it."

But even with striving for a more professional sound, Five Times August is happy as an independent artist.

"(Signing to a record label) isn't completely out of the question," Skitimas said. "But I'm accomplishing a lot on my own, and I have so much freedom remaining unsigned. Until the right offer comes along, I'm pretty comfortable in my own skin."

UK's Student Activities Board seems to have no doubt that this will be a show worth attending.

"Brad Skitimas is a great artist with some highly recognizable tunes, but he isn't too well known yet," said integrated strategic communications and business junior Josh Rupp, SAB concert director. "He is still unsigned but is making a name for himself. He is extremely motivated and on the right track."

## Rumors Swirl Around Google 'GPhone'

By Jessica Guynn  
Los Angeles Times

The Google phone is like the Roswell UFO: Few outsiders know if it really exists, but it has a cult following.

Just months after Apple's iPhone mania gripped Silicon Valley gadget heads, suspense is building over reports that Google Inc. plans to release its own cell phone.

The blogosphere is buzzing with rumors that the search giant might announce Linux-

based mobile software as early as this week and a Google phone, which observers have cheekily dubbed the "GPhone," by early 2008.

No one has displayed indisputable proof the GPhone exists. But one thing is certain: Google, which made nearly \$11 billion in 2007 from Web advertising, is investing heavily to target the potentially lucrative and hotly contested mobile-search market.

The vision: mobile-phone service offered free of monthly charges to consumers willing to

put up with advertising.

The goal: for Google to broker advertising on mobile phones the way it has on the Web.

The fear: Wireless carriers worry that Google will muscle its way into the young market and capture their wireless advertising dollars.

If Google does make an even more forceful move with Google-branded handsets to be offered by multiple wireless carriers, it would mark a seismic shift in the mobile industry.

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**KENTUCKY MEN'S SOCCER 2007**

# Hurricane Felix sweeps into Central America

By Casey Woods, Tony Brand and Martin Mercer  
McClatchy Newspapers

COMAYAGUA, Honduras — In some ways, the danger was just beginning.

Hurricane Felix — already deadly, already a record-book storm — moved inland Tuesday night. Its Category 5 wind diminished rapidly but its rain did not. Relentless torrents swamped cities and villages tucked into Central America's mountains and valleys.

Two people, one of them an 8-year-old girl, died in Nicaragua and one man was killed in Honduras, according to early, fragmentary reports. A variety of ominous but unconfirmed accounts said at least 150 people were missing at sea.

The confirmed toll seemed certain to rise as information arrived from remote regions. Search and rescue teams could not reach most areas Tuesday night.

Some indigenous people, with no other option, apparently sought shelter in shallow trenches, covering themselves with animal skins or palm fronds, according to Luigi Lotto, a relief worker in the first-hit Mosquito Coast area of Honduras and Nicaragua.

"Our most serious problems in this region are just beginning," said Lotto, who works for

the Irish aid agency GOAL in Puerto Lempra.

The screaming wind stripped roofs off buildings — including some shelters. The battering surf destroyed docks and other structures. The slanting rain washed away roads and bridges and pooled into waist-deep floods — and more rain kept falling.

Wednesday, Felix's path will carry it and its wet remnants through Honduras, Guatemala, portions of Mexico and other parts of Central America.

"Let's prepare for the worst," said Ricardo Alvarez, the mayor of Tegucigalpa, a capital city of 300,000 people who live in a topographical bowl, surrounded by mountains. "Every citizen must be ready to become a life saver."

One terrible distinction: This was the first time in recorded history that two Category 5 storms have come ashore during the same season. Just two weeks ago, powerful Hurricane Dean hit Mexico's Yucatan Peninsula.

And another: On the Pacific Coast, Hurricane Henriette slammed its 80-mph winds into the Mexican resorts surrounding

Cabo San Lucas. It was the first time in recorded history that Atlantic and Pacific hurricanes made landfall during the same day.

It was a day that began with Felix's core, accompanied by an 18-foot wall of water, drilling into extreme northeastern Nicaragua about 10 miles north-northeast of Puerto Cabezas, a Mosquito Coast town said to be in ruin and flooded Tuesday night.

The storm's winds reached 160 mph, racing around an eye so perfectly formed and distinct that it could be seen on satellite photos.

As a result, nearly every building in Puerto Cabezas lost its thatched or sheet-metal roof and power and water services were severed, according to Conner Walsh, director of Catholic Relief Services in Nicaragua. "Puerto Cabezas is a scene of absolute devastation, the city is trashed," he said.

Relaying reports from the interior that he called reliable, Walsh said all 300 families in the village of Ahuastigni were left homeless.

It was worse along the coast, he said, where families in Barra Sandy Bay tried to escape the floods by taking to the ocean in

traditional "panga" boats — long, low skiffs unsuitable for rough seas.

Two boats overturned and an estimated 45 people have not been found, he said. Other reports spoke of missing lobster boats from Honduras and Nicaragua.

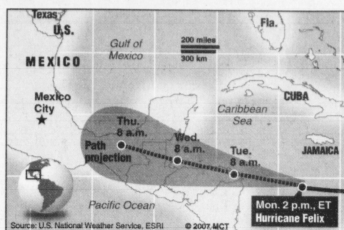
Though Felix's winds faded rapidly as the storm passed over the mountains of Nicaragua and Honduras, its abundant rain covered a vast area susceptible to floods and mud slides.

Worse, its forward speed slowed, giving its rain-laden clouds more time to linger over cities, towns, villages and — most worrisome of all — mountains and valleys.

Some areas could receive as many as 25 inches. In the past, hurricanes with similar reservoirs of rain have killed thousands in Honduras and elsewhere in Central America.

"The major concern now shifts to the threat of torrential rains over the mountains of Central America," said Richard Pasch, a forecaster at the National Hurricane Center in west Miami-Dade County. "Persons living in flood-prone areas should take all precautions to protect life and property."

Officials said one Honduran died in a road accident caused by a rain-induced landslide. No details were available about the deaths in Nicaragua.



The point at which Felix reached land sits just south of the region.

"There, all they can do is dig trenches and cover themselves with animal skins, tarps or palm fronds," Lotto said during a telephone interview, frequently interrupted by dropped connections.

"There could be as many as 2,000 people under cover like that in Raak right now and we will not be able to know how they are until after the storm passes," he said.

He and others said fuel supplies were dangerously short in that area and electricity — when it could be produced — was being rationed.

Lotto, the Irish aid worker, said many residents of the area traditionally seek shelter in a place they call Raak, which sits on slightly higher

ground than that of the rest of the region.

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## All can agree on this: brain injuries require a cautious approach

By Bob LaMendola  
South Florida Sun-Sentinel

Athletes call it getting your bell rung, but a concussion is more like an electrical storm in your brain.

A sudden impact to the head temporarily scrambles nerve impulses that transmit thoughts and the brain's orders to the body, as seen when tough linebackers stagger like drunks and go the wrong way on the field after a big hit.

Even mild concussions can cause lasting damage, especially a second one. And because brain

injuries are far from fully understood, scientists said coaches, parents, doctors and athletes need to take them more seriously and be more cautious.

"We've got all these people getting mild concussions, and they may or may not even see a doctor. We give them a couple aspirins and send them home," said W. Dalton Dietrich, scientific director of the Miami Project to Cure Paralysis. "Now we're finding some of these mild cases are causing long-term problems."

Several studies suggest that head trauma may raise the fu-

ture risk of developing memory-destroying Alzheimer's disease and the movement disorder Parkinson's disease, or may bring them on early. It's not proven, but researchers said the evidence is growing.

In a concussion, the jolt jars brain tissue and can stretch or break thin tendrils called axons that carry signals among brain cells, short-circuiting thoughts and commands to the body. Plus, jangled cells release chemicals that disrupt healthy cells.

Potential results: Temporary confusion, amnesia, slurred speech, imbalance, blank stare,

slow reactions and more. In most cases, an athlete quickly regains normal thinking and abilities and can resume playing within a week or two.

But a caution: Players should not go back in the game until they go 15 to 20 minutes without any symptoms at rest, and then can exercise on the sidelines without any symptoms. They should be carefully watched during that exercise, because some experts believe that raising the blood pressure can worsen the problem.

Athletes who get knocked unconscious, even for a mo-

ment, or have any amnesia should stay on the sidelines for weeks as a precaution, experts said. A doctor should evaluate them and give a head scan looking for serious injuries such as bleeding in the brain, bruising and swelling, all of which can kill brain cells.

Returning to play too soon risks a relapse of symptoms and increases the odds of another concussion. Repeat concussions multiply the damage of the first, potentially leading to thinking problems, disabilities and personality changes, experts said.

Worse, having a repeat con-

fusion while not fully recovered from the first spikes the risk of brain damage and in rare cases leads to "secondary injury syndrome," a progression that can quickly escalate to a fatal brain shutdown.

A player who had brain bleeding from a concussion should give up contact sports. "They need to start playing golf," Dietrich said.

All that said, diagnosing brain injury is an art, not a science. The experts do not know, and do not agree on, the right amount of time to keep the player out of action to prevent a repeat trauma.

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# Banks get low scores in credit card poll

By Evangelina Mitchell  
Corona Costa Times

**WALNUT CREEK, Calif.** — Credits cards issued by credit unions scored higher in customer satisfaction than cards issued by banks, according to a survey by Consumer Reports magazine.

JP Morgan Chase, Bank of America, Citibank, Capital One and HSBC all ranked well below the scores garnered by credit unions in the survey of 21 credit card issuers. The five banks are the nation's largest MasterCard and Visa issuers and cover 80 percent of the market, said the magazine report of the survey.

"I think it's because the credit unions just tend to have better consumer relations. They are just more consumer friendly than big banks," said Greg Daugherty, executive editor of Consumer Reports.

The survey findings were based on responses from 36,298 Consumer Reports subscribers who described their experiences with 61,944 credit cards in terms of billing problems, unexpected interest-rate hikes and how good of a job the issuer did in resolving problems.

The online survey, which also included median interest rates charged on the cards, was done in the spring of 2006.

The complete report can be found in the October issue of Consumer Reports magazine, which goes on sale Sept. 4. Portions of the survey are also available at no cost by going to <http://www.ConsumerReports.org>.

A score of 100 means that all respondents were completely satisfied while a score of 80 stands for very satisfied. A score of 60 means fairly well satisfied. There was a time when credit unions had membership restrictions such as serving a group of employees. Not anymore. Today, most credit unions have expanded their membership base to reach more people. However, the two credit unions that scored highest have membership restrictions that keep many people from joining.

USA Federal Savings topped the list with a score of 95. Membership is restricted to people in the military, retired military personnel and their families. Second place went to Navy Federal Credit Union, which scored 93. In third place with a score of 89, was "other credit union," a term applied to credit unions for which consumers did not provide a specific name.

Credit cards issued by San Francisco-based Wells Fargo ranked 12th with a score of 75. "Wells Fargo's results indi-

cates that the vast majority of our customers are very satisfied with our service," Lisa Westermann, assistant vice president, public relations for Wells Fargo Card Services said in a statement.

Ranked at the bottom was the Provident card, which had a score of 61.

In November 2005, Seattle-based Washington Mutual acquired Provident Financial Corp. to provide it with a springboard into the credit-card business.

In 2000, Provident agreed to pay \$400 million to consumers nationwide to settle allegations by the San Francisco District Attorney's Office and a federal regulatory agency that it charged unfair fees to credit card customers.

The vast majority of the credit cards issued under the old Provident name have been moved to credit cards issued under the Washington Mutual name, said Alan Elias, spokesman for San Francisco-based Washington Mutual Card Services.

"I can't comment on a company that does not exist," he said.

Another card issuer named in the survey, MBNA, which ranked in 18th place, is now part of Bank of America's credit card business.

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## No more gas guzzlers for Congress?

By Rob Hotakainen  
McClatchy Newspapers

**WASHINGTON** — Republican Rep. Joe Barton, who drives a gas-guzzling Chevy Tahoe to get around his home state of Texas, says he's very happy with his large sport utility vehicle.

"It is a very good vehicle. ... But I don't believe it would be certified as a low greenhouse-gas emitting vehicle," said Barton, a 12-term veteran and the top-ranked Republican on the House Energy and Commerce Committee.

But Barton, who leases the Tahoe at taxpayers' expense, could be forced to downsize as part of Congress' effort to reduce global warming. Just before leaving town for its August recess, the House of Representatives approved a little-noticed amendment to its energy bill that would allow members of Congress to lease only environmentally friendly cars.

The vote was a victory for Missouri Democratic Rep. Emanuel Cleaver, who authored the amendment. He estimates that it would affect about 100 members who spend more than \$1 million a year to lease vehicles, including many large luxury cars.

Cleaver said gasoline prices "have skyrocketed past \$3 in many parts of the country" and that members of Congress should begin shifting to cars powered by hydrogen, ethanol, electricity and biofuels.

"If we are going to declare that we are moving toward energy independence, then the members of Congress using taxpayer dollars ought to be willing to give up big Cadillacs in order to lease an energy-efficient car," said Cleaver, who leases a large van that's been retrofitted to run on used cooking oil.

Cleaver's amendment drew praise from Democratic leaders, House Majority Leader Steny

Hoyer, a Maryland Democrat, called it "extraordinarily good legislation." Rep. Henry Waxman, a California Democrat who heads the House Oversight and Government Reform Committee, said it would hold Congress to the same standard that the House wants to apply to the executive branch. The House energy bill would require all federal agencies to buy only low greenhouse-gas emitting vehicles for their fleets.

But critics say there's a big flaw in the Democratic legislation, which passed 218-196: It doesn't define which cars members could lease. Under Cleaver's amendment, members could lease only "low greenhouse-gas emitting vehicles." It doesn't specify any gas-mileage standards that cars would have to achieve.

The battle will resume when Congress returns this week. While Cleaver's amendment passed the House, no similar language was in an energy bill that the Senate passed. That leaves the issue to be resolved by a House-Senate conference committee, which has yet to meet.

During a debate on the House floor, Barton noted that many cars that are used to provide security for congressional leaders wouldn't be allowed. He also said it would be a mistake to put leaders in low greenhouse-gas emitting cars because they wouldn't accelerate quickly enough in an emergency.

Cleaver countered by saying that his measure would apply only to rank-and-file members, not to the House speaker and others with special security needs. He noted that even House Speaker Nancy Pelosi, D-Calif., had requested an energy-efficient vehicle for her security detail. And he said that as Congress considered ways to cut greenhouse-gas emissions, it was important for members to

lead by example.

"People around the country are constantly observing us and looking at us in ways that are negative because we want to pass laws to impose on everybody except us," Cleaver said.

The issue is prompting debate over whether it's proper for Congress to interfere with members' decisions on how to use their office budgets. Some opponents said the legislation was too vague, and they feared that Congress might be going too far.

Barton boasted about his Tahoe on the House floor, noting that he represents a GM assembly plant in Arlington, Texas, and his vehicle is "made with union labor, which would make all my friends on the Democratic side happy." Of its features, he said: "It has the engine in it that at a certain speed and under certain conditions, four of the eight cylinders stop working so you can get increased fuel efficiency."

Barton's office declined to answer questions about his Tahoe, but his spokeswoman, Karen Modlin, released a statement saying "the car fits the land and it fits the people, too."

She said Barton represents "a Texas-sized district that covers eight counties and 6,000 square miles" and that Cleaver's amendment "seemed to overlook the fact that not every family, business or even congressional district is Prius-sized."

The House vote marked a turnaround for Cleaver, who'd withdrawn his plan in June, citing pressure from Democratic leaders. He's been working on the issue since last year, when The Kansas City Star reported that 136 of the 435 House members, from both parties, were leasing cars at taxpayers' expense. The lease prices of some of the cars topped \$1,000 a month, and cost a total of at least \$1.05 million.

## Student spends summer on wind farm

By Andy Campbell  
McClatchy Newspapers

**DAYTON, Wash.** — Nineteen-year-old Kevin Gowan spent his summer in the sky, looking down from 260-foot wind turbines at Puget Sound Energy's first wind farm.

And on top of his amazing acclaim and credit for designing a 20-foot-tall wind turbine in Bellingham Bay, he can now add professional experience to his belt.

After hearing about the Bellingham, Wash., turbine, Gowan's senior project at Bellingham High School, PSE offered him a summer internship.

Though the offer was unexpected, Gowan jumped at the chance to start working in his field: renewable wind energy.

He spent the summer climbing turbines, shadowing engi-

neers and mechanics and learning more about how the wind energy process works.

Mike Gowan, Kevin's dad, said he couldn't be more proud of his son and the example he has set for his peers.

"He's really raised the bar for himself and everyone around him," said Mike Gowan, president of an executive search firm. "And he's having a blast doing it."

This summer's experience is only the tip of the iceberg for Kevin. He'll start his sophomore year at Washington State University with thousands of dollars in engineering scholarships and multiple internship offers for next summer.

Among his options for 2008 is an internship with Global Energy Concepts, an international wind energy and engineering firm, and an offer to return to PSE.

"I'm still deciding what I'll do, but it would be great to get out and try something different," Gowan said.

How does a teenager go straight from high school to a professional job? Gowan had some advice for his peers: "Go out and look for local people to support your cause; help is there. If you've got a fire for your goal, it won't die."

It isn't always easy, he said, but always worth it in the end.

"Sometimes I get tired, but you have a greater appreciation for your work when you give it personal application," he said, referring to his senior project.

It took four years for his wind project to culminate, from a working model in ninth grade to a city-funded turbine his senior year. The turbine on Bellingham Bay now powers two spotlights on a dock owned by Georgia-Pacific West Inc.

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### ■ KERNEL EDITORIAL

## Improved center a "boon" to campus, now don't waste it

UK's remodeled faculty center could be an important asset for university fundraising, as long as it's managed well enough to recoup its operating costs.

The Hilary J. Boone Center, which has been closed since 2004, will reopen in February, when its renovations are complete. Although the center has been closed for three years, the renovation process was delayed while the Board of Trustees debated over the scope of improvements and how to finance them.

The trustees eventually settled on a plan that costs \$6 million and includes a dining facility that can hold about 300 people. Although the renovated center won't be large enough to hold academic conferences, as some trustees had desired, it will nevertheless be a boon (no pun intended) to UK — especially for fundraising.

Donations are a key factor in UK's goal to become a top-20 public research university by 2020. Without more money, the university can't raise salaries or build new research space. But since there is no facility on campus to host large events for donors, UK has to rent space at local hotels when trying to woo donors.

The renovated Boone Center will allow UK to bring many of those events to campus. Most importantly, the costs of food and space will remain within the university instead of going to hotels. Those sums are significant: UK spent close to \$1.4 million last year on fundraising events held off

campus. President Lee Todd said in an April 30 Kernel article.

Beyond the price tag, there are other benefits to holding fundraising events at UK. The Boone Center is located at the heart of campus — on Rose Street, across from the Chemistry-Physics Building — and visitors will be steps away from seeing everyday life at the university. For alumni, donor events will be a chance to come back and see the campus where they spent four years, rather than the ballroom of a hotel a few miles down the road.

However, the center is not a guaranteed moneymaker for the university. If not enough faculty and staff members purchase memberships, the price of operating the center will be more than the revenue it brings in.

"It's still an open question if it will break even and turn a profit," said faculty trustee Ernie Yanarella in an Aug. 30 Kernel article. "It's all a matter of aggressive marketing."

UK should not shy away from promoting center membership — many faculty and staff members hired in the past three years may not even know the Boone Center exists. Without a healthy roster of members, it is sure to need subsidies from the general fund or donations to stay open.

Self-sufficiency should be UK's main goal for the Boone Center. It would be a waste to spend \$6 million updating a facility that cannot pay for its day-to-day costs, much less the price of the renovation.

## Brooks right about Johnson decision

Rich Brooks got it right. UK's head football coach was correct to allow wide receiver Steve Johnson Jr. to play in last Saturday's game against Eastern Kentucky after Johnson was arrested earlier in the week. Johnson pleaded not guilty to four traffic violations and a charge of resisting arrest after a traffic stop last Wednesday evening.

Lexington police pulled over the senior wide receiver around 7:30 p.m. while on the way to visit teammate David Jones in the hospital.

It is impossible to make a judgment on Johnson's innocence or guilt until the case plays out in the courts. For that reason, Brooks' decision to allow Johnson to play is a just one.

Two events in the past year have proven the negatives of rushing to judge

ment when athletes are arrested. When Duke lacrosse players were accused of a gang rape in 2006 the school responded by immediately canceling the team's season. All charges were later dropped after the accuser recanted and evidence did not support the claims.

A similar case happened on UK's campus last year. UK soccer player Michael Strong was suspended from the team immediately after he was charged with rape. The charges were later dropped.

Both Strong and the Duke lacrosse players were punished for crimes they did not commit. While it is possible that Johnson is guilty, recent history shows us that it would be unfair for him to be punished until that guilt is proven in a court of law.

Until then, let him play.

### ■ LETTERS TO THE EDITOR

#### SG's support of DanceBlue deserves praise

On behalf of DanceBlue, the UK Pediatric Oncology Clinic and the Center for Community Outreach, I would like to sincerely thank the Student Government Association for their generous support of the DanceBlue program this year.

In just two years, DanceBlue has become the largest student-run philanthropic event in the state. In 2007, hundreds of students from 60 student organizations united to raise more than \$250,000 for the UK Pediatric Oncology Clinic.

To ensure the longevity of this novel tradition at UK, it is essential that we receive adequate funding for our operational budget each year. To avoid taking any money away from the kids, we as an organization look to our school and community for such financial support.

Last Wednesday, the Student Government Senate approved an annual budget, which included a proposal to fund nearly 50 percent of the DanceBlue operational budget.

While this contribution alone surpassed our expectations, the support from Student Government, particularly from President Nick Phelps, did not stop here. President Phelps worked with the Office of Student Affairs and other campus organizations to increase our funding and minimize our expenses, helping us close the gap on the remainder of our budget.

Thanks to the support we have received from Student Government and others across campus, we are now ready to begin our annual fundraising campaign.

I am confident that Student Government's support for DanceBlue will assist us in creating a positive impact on Kentucky children battling cancer.

I commend the Student Government Association for their willingness to support a cause that will reciprocate to the university and to the commonwealth at large.

David Ritchie  
Biology Senior and Overall Chair  
of DanceBlue 2008

#### Submissions

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

E-mail [opinions@kykernel.com](mailto:opinions@kykernel.com)

#### Cartoonists Needed

The Kernel is looking for a cartoonist to draw pictures for the Opinions page on a regular basis. Those who have an interest in campus and local issues will be given special attention, although cartoonists of all interests will be considered.

E-mail [opinions@kykernel.com](mailto:opinions@kykernel.com)



BRIAN GOODLEY, Kernel cartoonist

## Forget Gonzales and address Iranian nuclear threat

With Iran on the brink of acquiring nuclear weapons, you can bet that the Democrats in Congress are more concerned about former U.S. Attorney General Alberto Gonzales than keeping the free world safe.

Sunday, Iranian President Mahmoud Ahmadinejad announced that Iran is now enriching uranium in 3,000 centrifuges.

This contradicts previous U.N. reports assuring us that uranium enrichment in Iran had slowed and that the terrorist country was cooperating with civilized society.

But cooperation is the last thing on President Ahmadinejad's mind.

His recent speech was full of the usual anti-Western rhetoric, claiming that "the West thought the Iranian nation would give in after just a resolution," according to breitbart.com.

"Just" a resolution? That sounds promising.

So while the liberals in Congress are busy accomplishing nothing, Iran is working toward nuclear armament. Their defiance is merely shrugged off by congressional leaders who would rather worry

about why nine attorneys were fired than the disturbingly steady moves Iran is making toward obtaining nuclear weapons.

Democrats insist if we stick to diplomacy in the Middle East, all will be fine. It's this promise of peace that they plan to take all the way to the White House in 2008.

The only problem is that countries like Iran have no intention of cooperating with our diplomatic resolutions.

You might call this the Democrats' "inconvenient truth"

You might call this the Democrats' "inconvenient truth."

The situation in Iran is so disturbing that even France has stepped up to the plate. During a speech given last Monday, French President Nicolas Sarkozy acknowledged that military force might be necessary if Iran doesn't abandon its nuclear program.

In as aggressive a way as any Frenchman can put it, Sarkozy declared that continued sanctions against Iran is the only thing that can stop us from "the Iranian bomb or the bombing of Iran."

It's a pretty grim situation when France brings up military force before we do.

The problem we find ourselves in is twofold. We absolutely cannot stand for Iran continuing its pursuit of nuclear arms. A president who has openly declared his wish to see Israel removed from the face of the map cannot be allowed to develop such devastating weapons.

At the same time, however, we clearly can't go rushing into Iran, arms waving and bombs dropping. It's irresponsible, and we haven't exhausted all our other options yet.

But unlike what the Democrats on capitol hill think, we can't take military force off the table. Iran must be aware that if push comes to shove, we will use force to stop them.

Ahmadinejad understands what's going on in Washington, and he's using it against us. His defiance toward the U.N. is only possible because we allow it.

As long as we've taken military force off the table, Iran can do whatever they want — which means developing whatever weapons they want.

After all, to Ahmadinejad, diplomatic solutions are "just a resolution."

A nuclear Iran could mean devastation to the free world. And while Ahmadinejad has spent the last eight months enriching more and more uranium, Democrats have wasted their time on a witch-hunt.

Brett Nolan is a philosophy sophomore. E-mail at [opinions@kykernel.com](mailto:opinions@kykernel.com).

## New generation of dance music ignores artistic history of rap

A few weeks ago, I was riding around in my car listening to satellite radio. I turned to one of the rap stations to hear DJ UNK's and Wine-O's newest song, "Hokey Pokey," playing.

As I turned up the volume I realized the music was the old elementary school song with a weak attempt to add basic rap lyrics.

That's where I draw the line. After DJ UNK's success last year with songs such as "Walk It Out" and "2 Step" I never knew that he would reach down to this level, but I was wrong.

The continuing craze of "dance move rap" has yet to diminish since last year. With the growing popularity of "Chicken Noodle Soup" last year, by far the worst of them all, the new craze of this genre has continued to control our airwaves.

The recent release of Soulja Boy's hit single, "Crank Dat," continues this new sensation of "dance move rap." Once again, an emcee lacking in creativity makes a decent beat and then adds a new

dance move to it. This simple recipe is what Soulja Boy and others have used to sling shot themselves onto the rap scene.

It's sad to see that rappers such as Kanye West and T.I., whose songs have traditionally included more significant meaning, are being pushed down in record sales and top-10 countdowns because of this new type of rap music.

West's most recent CD features two such songs of meaning. His first song, "Stronger," leads off with the lyrics of, "That which doesn't kill me can only make me stronger." The message behind the whole song is, of course, that what doesn't take you out can make you a better person. This kind of lyrical message is predominantly vacant in all of these new "dance move rap" songs.

In West's second single, "Can't Tell Me Nothing," he speaks about the arrogance that came with his early success, and his belief that money was the key to everything. This message is also vital to any young adult. Even when you do get money, it won't solve all your problems.

Another lyric states, "To whom much is given, much is tested." This is another line in West's song that speaks volumes, and doesn't need explanation.

West even has a line in a song

that asks its listeners, "Does anyone make any real stuff anymore?" This just goes to show that the real rappers know that this new genre of rap music isn't "real."

On the other hand, there is a place for this type of music. In clubs around the country the majority of "dance move rap" songs I have listed are top hits and have played numerous times throughout the night.

Clubs like these are the natural home this particular genre, but there is a problem when this music tries to take the place of "real" rap.

Even the world of hip-hop has previously held itself to certain artistic standards that are threatened, if not blatantly discarded, by this new genre.

It is scary to think that the days of old rap music over; the days of poetry put to music are over. I don't want to think this, but with rappers such as DJ UNK and Soulja Boy taking over the airwaves with their music, there is a possibility that this rap music could overtake rap with truly lyrical content.

For now, we true rap fans have to take a back seat until this new craze is over and outdated.

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



BRYAN KENNEDY  
Kernel columnist



# Local drink inspires student bus stop design

By C.J. Conklin  
news@kykernel.com

Inspiration can come from anywhere. Fifth year architecture student Aaron Scales found it in a soft drink.

Ale-8-One inspired Scales' to design a bus stop that combined art with transportation and regional identity. The design won a recent community competition.

Scales considered tons of possibilities when he began constructing a model for a bus shelter design competition sponsored by Art In Motion, an organization that enhances public spaces and public transportation in Lexington by incorporating sculpture and art into bus shelters.

After seeing the current bus stop the winner would build on, located on Versailles Road, the bottle idea just came to him, he said.

"My original design was modern, but the site was very dirty," said Scales, who spent about one week working on the design. "I used Ale-8-One bottles because I wanted to make the design out of trash, that way it could relate to bus users and not just the architecturally elite."

The competition, held in July, asked students and professionals in the fields of architecture, sculpture, art and engineering to design a bus stop for the east-bound LexTran bus.

The company asked participants to design a bus stop that would be an ideal place to wait for a bus. The shelter should be inviting and encourage ridership for the city's public transportation system, according to the Art In Motion Web site.

Using only the soda bottles made the design restrictive, especially because of the limited number of ways a soda bottle can be displayed. But the constraints also made the design more simplistic, Scales said.

He chose Ale-8-One bottles because of the company's re-



PHOTO ILLUSTRATION BY AARON SCALES  
Aaron Scales, a fifth year architecture student, won a bus stop design contest for his shelter made of Ale-8-One bottles.

gional connection. The product is manufactured in Winchester, Ky.

Three finalists were chosen from 17 submitted entries and each finalist interviewed with a professional committee made up of engineers and architects from around Lexington. The committee considered who would fabricate the bus stop, how much the shelter would cost to construct and what materials would be used before selecting a winner, Scales said.

The professional committee awarded Scales first place and \$2,500, but he won't officially receive his award until Sept. 14 when a selection committee verifies the contest's results.

He beat out a professional sculptor from Lexington (2nd place) and two recent graduates of the UK architecture school (3rd place).

Once officially selected as the contest winner, Scales said

he will begin working with a professional architect to build a shelter based on his model. Art In Motion will give Scales a budget of \$10,000 to purchase materials and pay for the cost of construction.

This is not Scales' first time competing in an architecture competition. Last spring, he designed a model for a bus stop on the corner of Rose Street and Euclid Avenue.

He constructed the design out of recyclable aluminum panels with bamboo sticks on the inside to construct the walls.

Scales earned second place for that design in two UK sponsored architecture contests including the annual Oswald Research and Creativity Competition that showcases undergraduate scholars.

The Ale-8-One bus shelter will be installed Oct. 30, according to the Web site.

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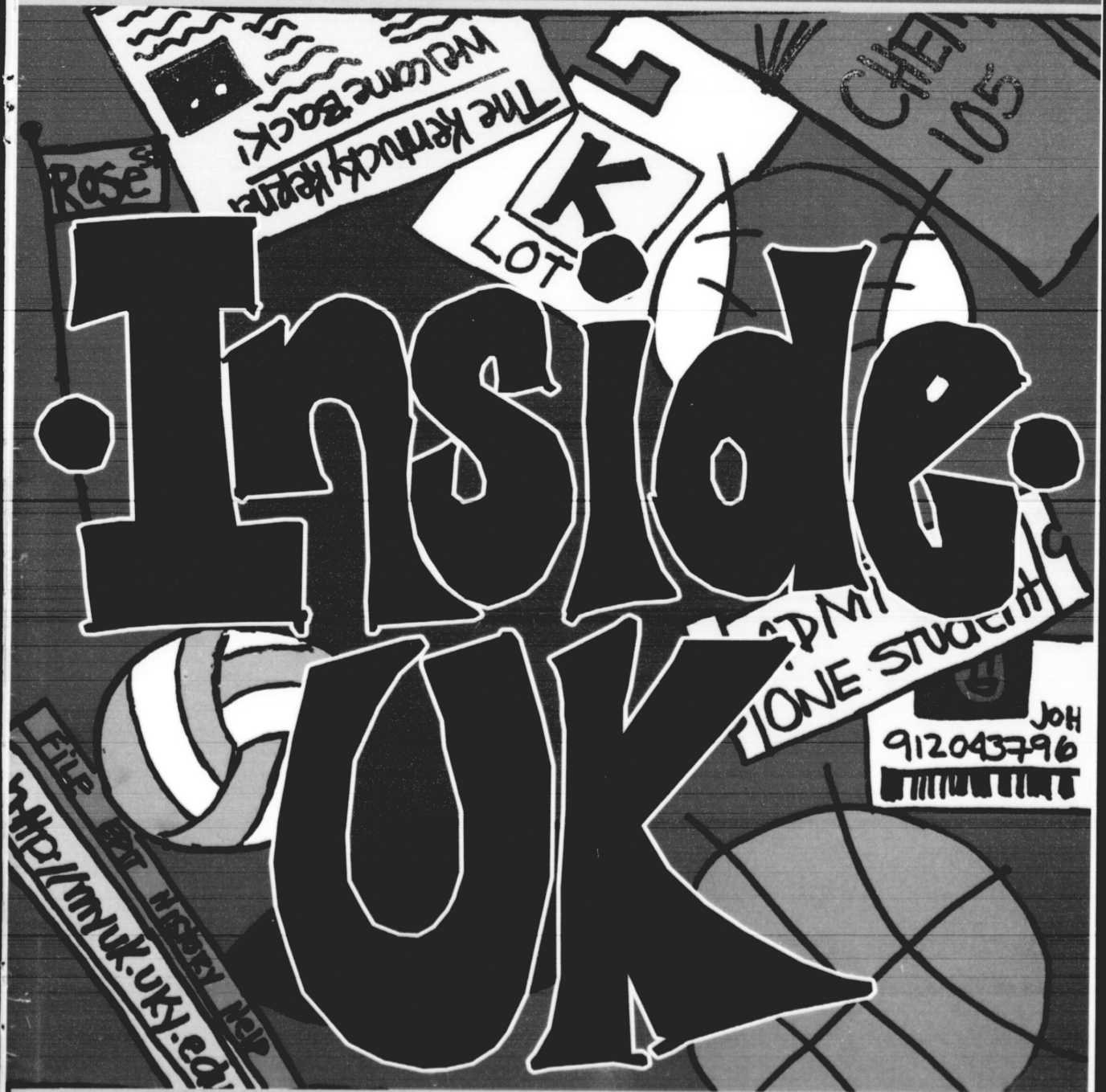
**Wednesday, Sept. 5**  
Ralph G. Anderson Building Lobby  
10 a.m.-4 p.m.  
ROTC Barker Hall Noon- 5 p.m.  
UK Blazer Dining Hall 3 -8 p.m.

**Monday, Sept. 10**  
Haggin Hall 3-7 p.m.  
UK Complex Commons Ballroom  
2 p.m. - 9 p.m.  
[www.kybloodcenter.org](http://www.kybloodcenter.org)

**Thursday, Sept. 6**  
UK Chemistry and Physics Building  
Parking Lot Bloodmobile 9 a.m.- 3 p.m.

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Inside UK 2007-2008



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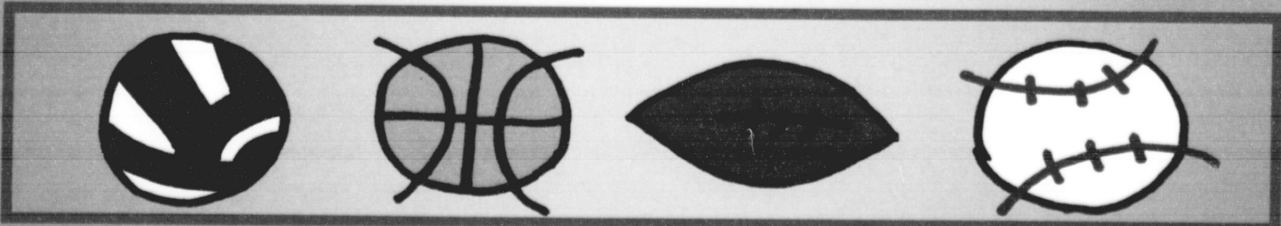


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# TABLE OF CONTENTS

●	●	●	●	●	●	●	●	●	●
Page : 5									Walk-n-Talk
Page : 6									The Hub
Page : 9									See Kentucky
Page : 11									More Than Just Parking Tickets
Page : 14									Tickets Made Easy
Page : 17									No More Shower Shoes
Page : 19									After Hours
Page : 23									What's Happening
Page : 25									See The World
Page : 30									Looking Forward



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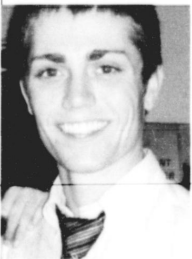
# NEWTOWN CROSSING



# WALK-N-TALK:

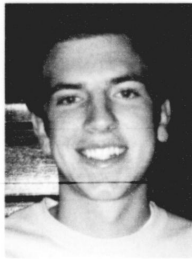
*“What are you looking forward to the most this year?”*

Lauren Jackson



**Andrew Fust**  
ISC  
Senior

“Being a senior!”



**Chad Sanders**  
Business  
Senior

“Working with the new coach!”



**Heather Taylor**  
ISC  
Junior

“Football Tailgates!”



**Joey Miller**  
Economics  
Senior

“Guys Rush Week!”



**Kristen Barrow**  
Comm  
Junior

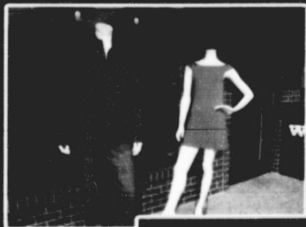
“Living in a house with my friends!”



**Kristen Cripe**  
Marketing  
Senior

“I can’t wait for Spring Break!”

## Young Hollywood’s Favorite Designer Labels ... In Lexington!



**Heather Morris**  
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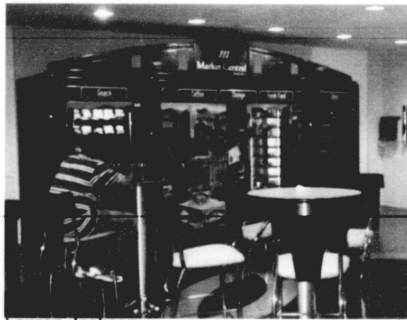
# THE HUB

Jillian Rogers  
Kernel PR

Want the resources of a library but the freedom of being in your dorm room? Look no further than the Hub. Located in the basement of the William T. Young Library, the Hub provides a modern study environment.

Librarians are usually thought of as keepers of the books...and keepers of the silence. Not at the Hub. UK libraries' primary overseer Carol Diedrichs says, that discussions are encouraged and the Hub is not meant to be quiet.

No more worrying about all of the study rooms being taken; at the Hub you can create your own work space with the movable cubicle walls and whiteboards. Equipped with dry erase markers, the portable walls allow you to work out math problems or brainstorm with a study group. There are also individual



Lauren Jackson

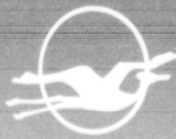
The Hub not only has many new computers, programs, study rooms, it also has a snack bar work spaces if you study better by yourself.

And what is the Young Library without its technology? The Hub has a brand new Mac lab and over 200 Windows computers. These computers

have almost every program, from Photoshop to InDesign and many more. In addition, they have audio visual classrooms along with viewing rooms for when you need to watch a video for a class. The newest part of the Hub is still under construction but will soon feature presentation practice rooms and video editing rooms.

Finally, no more sneaking food up to the fifth floor, you can now get some "Grub at the Hub." Grub at the Hub has healthy snacks, soda and coffee vending machines. You can also find a microwave, comfortable furniture and a television to serve your every study break need located in Core 3.

There are also signs reading Help, Help, Help. There are people to assist you with almost any dilemma.



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Where do you want to go?

..... *Inside UK 2007-2008* .....



# SEE KENTUCKY: THE ARBORETUM

Margaret Liles and Alisa Oerther  
Kernel PR

Are you looking for a place to work off the freshman fifteen, take a walk with friends or just relax and do some homework?

Or, better yet, maybe you just have a knack for nature.

Well, if any of the before mentioned scenarios apply to you, UK has a hidden treasure that you definitely want to get acquainted with: The Arboretum.

UK and the Lexington-Fayette County Urban Government teamed up in 1991 to develop The Arboretum as a place for UK students and Lexington residents to enjoy nature and embrace the environment.

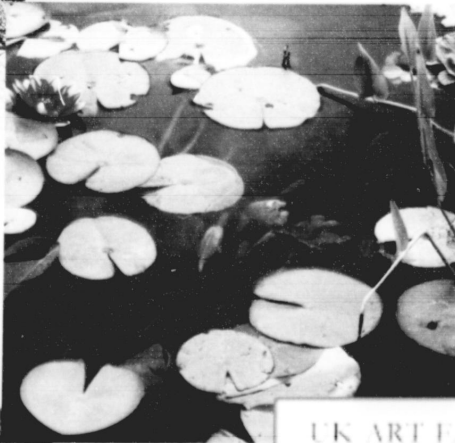
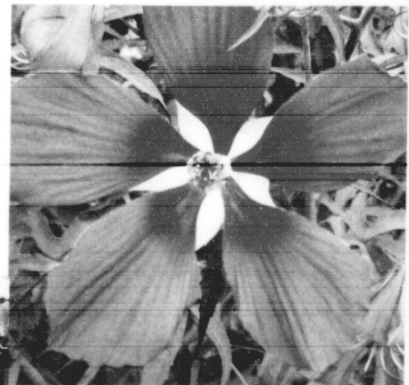
The Arboretum is a state botanical garden with multiple walking trails, gardens, picnic tables and much more.

It is a great place to exercise or hang out with friends on a lazy afternoon.

It is located off Alumni Drive and is the home to beautiful landscapes year-round.

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9



# UK UNIVERSITY OF KENTUCKY Dining Services



## Special Events Calendar 2007-2008

### RESIDENTIAL UNITS\*

#### September 2007

Treasure Hunt (Sept. 1-6): A special item each day at different units per day  
Great American Cookout (Sept. 27)

#### October 2007

Island Getaway/Luau (Oct. 11)  
Homecoming/Tailgate (Oct. 25)  
Boo Bash (Oct. 31): Pumpkin carving and costume contest

#### November 2007

Harvestfest (Nov. 15): Traditional Fall favorites

#### December 2007

Winterfest (Dec. 6): A variety of holiday selections  
Cram and Chew (Dec. 10-13)

#### January 2008

Bluegrass Meal (Jan. 17)  
Recipes From Home Dinner (Jan. 24)

#### February 2008

Carnavale (Feb. 5)  
Passport to Romance (Feb 14): A Valentine's celebration

#### March 2008

Nutrition Week (Mar. 3-7)  
Monopoly Night (Mar. 20)

#### April 2008

Puttin' on the Ritz (Apr. 3): An upscale, appetizer-based menu, from salads to sushi  
Casino Night (Apr. 24)

\*Commons Market and Blazer Café

### RETAIL UNITS\*

#### September 2007

Treasure Hunt (Sept. 1-6): a special item each day at different units per day  
Down on the Boardwalk (Sept. 19)

#### October 2007

Oktoberfest (Oct. 4): A selection of German and Bavarian foods  
International Food Day (Oct. 24)

#### November 2007

Fallfest (Nov. 7): Traditional Fall favorites

#### December 2007

Winter Wonderland (Dec. 4): A variety of holiday selections

#### January 2008

Wild West Shindig (Jan. 15)  
Sports of Course (Jan. 23)

#### February 2008

Chinese New Year (Feb. 7): An Asian-inspired menu  
Soul Food (Feb. 20)

#### March 2008

Nutrition Week (Mar. 3-7)  
St. Patrick's Day (Mar. 17)

#### April 2008

Asian Pacific Meal (Apr. 16)

\*Retail Unit Special Events will rotate among the following locations: K-Lair Grill, Intermezzo, OVID'S, Lemon Twist, and Student Center Food Court.

Additional events may be added throughout the year. Check the Dining Services website for the most up-to-date information at [www.uky.edu/diningservices](http://www.uky.edu/diningservices).



# MORE THAN JUST PARKING TICKETS

Alisa Oerther  
Kernel PR

Most students think parking tickets and long lines for parking passes when they hear UK Parking and Transportation Services. But they offer much more that most students don't know about.

This year UK Parking is trying a new way to distribute parking passes. Instead of long lines, students can purchase passes on UK's website or by mail only after August 1st. Commuter students must have 60 credit hours to receive passes in places other than the K Lot. Students who live on campus are eligible for R permits. When these become sold out, students must apply through the lottery process.

There are many other advantages to getting a pass besides no more long walks. Having a parking pass also means that you are eligible for Motorist Assistance. This includes assistance, for instance, when you lock your keys in the car, run out of gas, get a flat tire or get a dead battery. Bluegrass Towing Company

is on call to help you in times like these. Also, with a parking pass they give a 10% discount.

The Campus Area Transit System (CATS) are the buses that are always seen around campus. CATS buses run on three daytime routes, two evening routes and one night route. They also have an on demand night bus.

"These, for example, would come in handy when you park at the K-Lot late and do not want to walk to the dorms alone," explained Chrissie Balding Tune, the UK Parking Marketing Specialist. Students can call any time between 11 a.m.-5:30 p.m. Monday- Thursday, 7 p.m.-5:30 a.m. on Friday, 7p.m.-3 a.m. on Saturday and 7 p.m.-12 a.m. on Sunday. The bus will pick them up and drop them off anywhere around campus. Tune said to call 221-Ride (4433), and they will come as soon as possible.

There are also CATS buses that take students to the Fayette Mall during the holidays and to the Bluegrass Airport

during the beginning of breaks. For the airport shuttle, call 48 hours in advance.

Other services offered include the class pass with LexTran and the Wildcat Wheels Bike Library. LexTran is a bus system that gives rides off campus. These passes are \$75 for the year and \$50 per semester. Students can purchase these passes at the main office of UK Parking and Transportation Services. Tune also encourages using the Wildcat Wheels Bike Library that is run by Health and Wellness. This is where a student can rent a bike for 48 hours with just their student I.D.

UK Parking and Transportation offers many services for students on and off campus. To find out more check out their website at [www.uky.edu/Parking](http://www.uky.edu/Parking). They also have a newsletter students can subscribe to online to keep them informed. UK Parking and Transportation's main office is located at 721 Press Avenue, at the corners of Press and Virginia.

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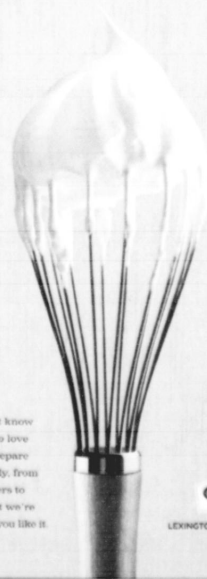
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Based on the Alcohol Education Office (2005) random survey of 786 UK students. For More information about the Alcohol Education Office call (859) 257-9687 or visit [www.uky.edu/studentaffairs/healthalcohol](http://www.uky.edu/studentaffairs/healthalcohol). 1 drink = the alcohol content of 12 oz. beer or 4 oz. wine or 1 oz. distilled spirits.

# TICKETS MADE EASY

Jill Fawbush  
Kernel PR



**Lauren Jackson**  
UK Basketball is represented in this painting in the Basketball Museum.

Two of the most popular sporting events that students immediately have questions about are how to get tickets for football and men's basketball games. Being a student has a definite advantage over others because of the great seats you can get easily and cheaply.

For football, season tickets are sold before the season in the spring and summer for \$5 each every home game. Since there are eight home games this season, the cost would be \$40 total. Guest season tickets can also be purchased but for regular price which is \$248 for sideline seats like yours.

You do not have to buy season tickets to go to a game. If you want to buy tickets before each game the price does not change, and you can also buy guest tickets at the same time as your purchase. Tickets go on sale each Monday and Tuesday before game weekends and can either be purchased in the Student Center Ticket Office or the Joe Craft Center Ticket Office between 10:00 a.m. and 5:00 p.m.

For men's basketball, it is a little different. Since the tickets are the most sought after and arena seating is more limited than the football stadium seating, the tickets are more difficult to come by, but still very reasonable for students.

There are scheduled basketball lotteries that take place throughout the season at Memorial Coliseum. How this works is students gather in line outside the coliseum and are allowed in between 9:15 and 9:30 p.m. You are then given a ticket with a number on it that will be called to get your tickets. Whether you are the first or last person in line to Memorial Coliseum does not matter because the numbers are randomly drawn

in groups of 50 to come down to the floor and purchase tickets.

If there are remaining tickets at the end of the lottery, they will be sold the following Wednesday at the Joe Craft Center Ticket Office. There will not be a lottery for exhibition games, but those tickets will be sold on a first come first serve

basis beginning Monday, October 16 at 9:00 a.m.

For lottery schedules or for other sporting events at UK, you can log on to [ukathletics.com](http://ukathletics.com) to find out how to purchase tickets to other sporting events, game schedules and pretty much anything you want to know regarding university athletics. Some sporting events are even free to students for different sports, so be sure to check it out throughout the year.

If you are not into athletics and concerts or plays are more your kind of thing, the university and Lexington provide entertainment for every interest.

For major concerts that come to Lexington, the best source to purchase tickets or to find out if your favorite artist is coming to the area, log on to [ticketmaster.com](http://ticketmaster.com). Most of these concerts are played at Rupp Arena and are sold out fairly quickly on a regular basis.

For smaller or more local concerts, The Dame provides great concerts on a smaller scale compared to Rupp Arena. The place is about the size of an average downtown bar but the entertainment there is always

dependable. Other local bars and clubs host bands and other artists frequently throughout the year along with the student center as well.

For information or tickets regarding these venues are usually advertised throughout campus, in the Kernel and online around the time of an event.

Lexington is also a great city for the arts if you are looking for theatrical entertainment. The Kentucky Ballet Theatre or the Lexington Children's Theatre provides quality entertainment year round with information regarding new plays and showings.

The Singletary Center on campus also provides shows of all kinds from music to plays and hosts special speakers throughout the semester that are usually free or very reasonable for students.

The Kernel prints movie listings at the end of each week to update you on the latest movie releases and times.

## Exploring the Unknown... Does It Pay Off?

Academic Experiences Outside the Classroom

Learning should not come to a halt when you step outside of a classroom. Outside the classroom, the best approach to learning is having the opportunity to participate and gain hands-on experience - to "learn by doing." UK is a research university, which means that every faculty member is actively engaged in scholarly activity, pursuing new knowledge. The eUK office exists to encourage students to do the same - to find their niche in scholarly, creative, and research experiences, working with a faculty mentor.

For more information, please contact Faye Russell at [frussell@uky.edu](mailto:frussell@uky.edu) or 255-4620.

**eUK** (Experiences in Undergraduate Research and Creative Activities) encourages students to explore their passions and interests beyond the classroom. For more information about eUK's various activities, please visit our website at [www.uky.edu/euk](http://www.uky.edu/euk).

**UPFR** (the Society for the Promotion of Undergraduate Research) is a club that was formed by a group of undergraduates involved in Research and Creative Activities. They are dedicated to helping and mentoring other students who wish to make the most of their education. For details, visit [www.uky.edu/upfr](http://www.uky.edu/upfr). Learn how you can be a part of this active student organization by visiting their website at [www.uky.edu/upfr](http://www.uky.edu/upfr).

The photos are of undergraduate promoting the research or creative activity during the annual Showcase of Undergraduate Activities.

## IMPORTANT ANNOUNCEMENT

### STUDENT INSURANCE INFORMATION

University Health Service, in conjunction with The Graduate School, Office of International Affairs, student representation, and other UK departments recently concluded the Request for Proposal process to select a **NEW** student health insurance vendor. **The Chickering Group, an Aetna Company**, was awarded a contract to begin in Fall 2007. With more than 25 years in the student insurance marketplace, **The Chickering Group** offers a sound reputation and record of service.

UK's contract with the current carrier will end on August 25th, 2007. **Chickering** is well-versed in the changeover process and the University expects this to be a straightforward one. The University Health Service will work closely with the Graduate School and Office of International Affairs to ensure a smooth transition for both new enrollees and students currently enrolled in the 06-07 student insurance plan. Mechanisms will be in place to handle existing and new claims, member information, and students participating in a continuation plan.

With 2007-2008 premiums lower than 2006-2007, the new student health insurance plan begins August 26th and will include significant enhancements:

- **100% coverage of negotiated charge for both inpatient and outpatient services at UK Hospital and KY Clinic**
- **Deductible waived for services at UK Hospital, Kentucky Clinic, and University Health Service**
- Vision Benefits included at no extra cost
- New prescription card with co-pay at time of purchase at the Kentucky Clinic Pharmacy
- Prescription benefit increased from \$800 to \$1,000 at the Kentucky Clinic Pharmacy
- Outpatient Miscellaneous Benefit increased from \$1,000 to \$2,500 per illness or injury per year
- Home Health Care Benefit added
- Addition of Women's Health Benefit
- Addition of Immunization Benefit for Students
- Expanded benefits for educational exposure to Blood Borne Pathogens

Specifics about these and other plan changes, frequently asked questions regarding the transition, and enrollment details are available online at [www.uky.edu/StudentAffairs/UHS](http://www.uky.edu/StudentAffairs/UHS) or [www.chickering.com](http://www.chickering.com).

More information about **The Chickering Group** can be found at [www.chickering.com](http://www.chickering.com).



# GETTING AHEAD

Jilian Rogers  
Kernel PR

Graduating and searching for a real job can be a scary endeavor but luckily the James W. Stuckert Career Center is here to help.

According to their mission statement, the Career Center's goal "is to serve students, alumni, and employers with high-level career education programs and to provide students with work-based experience and employment opportunities."

The knowledgeable staff is more than equipped to assist students in finding internships, conducting mock interviews, searching for the right job, etc. Each counselor specializes in a particular college so no matter your major there is someone who has experience in your field.

Another service offered through the Career Center is VAULT, an online career library. This vocational database has extensive information about the job industry, career and company profiles, internships, job outlooks, sample resumes and good interviewing skills. VAULT will answer every question you can think of pertaining to your career.

If you are still deciding what career is best suited for you then FOCUS is a great place to start. This cyber system was created to help students narrow down their options by Self-



**Lauren Jackson**  
The Stuckert Career Center can help you find internships and jobs.

Exploration Assessments. These tests identify your leisure activities, values, goals, personality, etc. Once the assessments are complete, FOCUS helps narrow down your career options and then tells you how to adequately prepare for that particular field.

Because interviews carry a lot of weight in the hiring process, students can attend videotaped mock interviews. After the interview, students sit down with their counselor and review their strengths and weaknesses. Aside from improving interviewing skills, mock interviews also take the mystery out of what goes on during an interview and puts students more at ease for the real thing.

All of this preparation is put to good use at a Career Fair, an event co-hosted by the Career Center and the colleges. Career Fairs are held throughout the year and allow employers and recruiters to meet prospective job seekers. These fairs are a good way to meet different people in the industry and to start networking.

Located on 408 Rose Street, The Career Center has so much to offer. So next time you feel overwhelmed by the real world and getting a job, stop by Monday through Friday from 8 a.m. until 5 p.m. They could be the answer you're looking for.

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# NO MORE SHOWER SHOES

Margaret Liles  
Kernel PR

Many students agree that after a year or two of living in university residence halls, they are ready for a change.

The advantages of on-campus living easily become shadowed in the excitement of off-campus housing.

As a trend, the luxuries of privacy and going bare-foot in the shower outweigh the convenience and sense of community that the University's residence life offers.

Living on your own, having your own bedroom and not sharing a bathroom with several other people are a few reasons that students are lured into exploring the prospect of renting.

Nonetheless, paying bills, cooking, cleaning and buying furniture are all part of the lifestyle of many UK students who make the decision to move off campus.

Just like on campus housing, off-campus living is an opportunity to learn responsibility, nurture lasting friendships with roommates and become a more integrated part of the Lexington community.

When your student ID no longer validates a meal plan, learning to navigate the grocery store is a challenge in itself for many students who say that frozen pizzas and microwave meals are essential for first-time renters. Goodwill and garage sales are also great places to find cheap furniture on a college student's budget.

Where once the choice was between North Campus or South Campus, the city of Lexington offers many opportunities for students looking to settle into a place of their own. Some students choose to remain close to campus by settling into an apartment complex such as Newtown Crossing or Royal Lexington, both of which offer swimming pools, tanning beds and workout facilities.

Other students opt to venture away from campus and rent townhouses in the suburbia of Lansdowne or Richmond

Road, while many students stay close to campus and rent one of the historic homes off Euclid Avenue or South Limestone Street. Students who live near campus often invest in bikes to assist their commute. Other students living further away must drive to and from campus every day. Thus, the expenses that are associated with moving off campus should be factored into the decision as well. Unlike residence halls, additional charges for electricity, water, cable TV and internet are often additional to the basic rent fee.

Students agree that moving off campus has many advantages. Off-campus dweller senior Emily Shmewell says, "I can still be involved on campus with clubs and study groups, use the Johnson Center and the libraries, all while continuing to have lots of fun, just in a more independent living arrangement."

Overall, moving off-campus is a big decision, but one that most people feel is a natural progression during their college career. So when you're ready to put a halt to ID checks at the door, flip-flops in the shower and meal-plans, just remember to weigh all the options to find the best fit for your new humble abode.



Lauren Jackson

Newtown Crossing is a very popular place for UK students. It is only a short walk away from campus.



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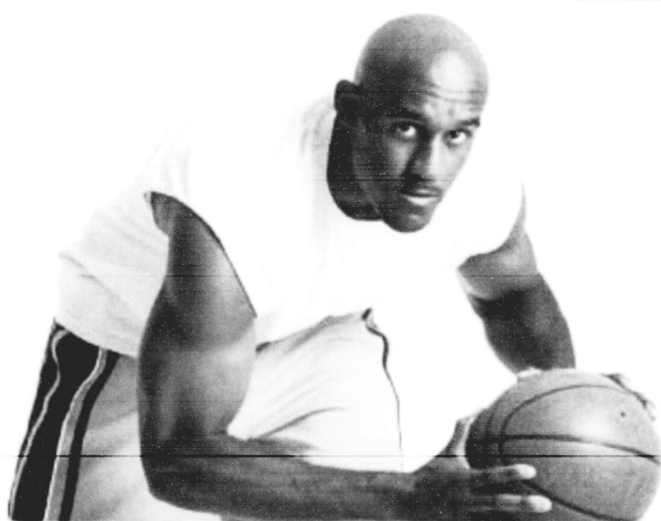
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Inside UK 2007-2008



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# AFTER HOURS

..... Inside UK 2007-2008



Alisa Oerther  
Kernel PR

Goodfellas is Lexington's most talked about hot spot with its New York mob theme and killer pizza. Alex Coats and Eric Boggs are the two real Goodfellas in charge of creating this late night pizza parlor favorite. Goodfellas is known for the largest pizza in Lexington at 22 inches and for their arm length breadsticks. Goodfellas has been and still is one of the only restaurants open later than the bars and also for those late night studiers.

Boggs explained that they originally wanted to start a bar and they traveled around different cities looking for ideas. "It was in Miami, when we decided what we really wanted to do," said Boggs. They liked how there was always pizza places serving the square pieces of pizza around the bar scene late at night. They decided they would come back to their growing hometown and start a pizza place with the New York style pizzas.

After much success for over 4 months, a devastating fire destroyed part of Goodfellas. Boggs and Coats decided that they would rebuild their dream with their own bare hands. They made their 1907 place look like new by laying all the wood, granite, cement and even restoring a classic old steel ceiling.

Goodfellas is located at the heart of downtown Lexington. "After a night on the town, we always end up getting a pepperoni pizza at Goodfellas," exclaimed Lauren Jackson. Lauren said that the people that work there always treat us like we are family. Lauren also said that when she

goes for lunch sometimes they are always playing Frank Sinatra.

Goodfellas has a daily lunch special that includes any topping slice, a breadstick and a coke for just \$5. They offer other tasty options such as calzones, subs, pies and desserts.

If you have not made your way to Goodfellas after midnight then you have not experienced the best place to socialize, dance, eat the most famous pizza and grab a taxi New York style.

So, come see the Goodfella's Alex, Eric and the rest of the crowd at 110 N. Mill Street. Their hours are Monday through Saturday 11a.m.-9 p.m. and Thursday through Saturday 11 a.m.-3:30 p.m.

Another late-night favorite is Tolly-Ho. Tolly-Ho is open 24 hours a day, everyday of the year except for special holidays. Tolly-Ho was voted Best of UK's late night restaurant. It is the place to chow down. It is good for anytime of the day, but it is most popular at night, when people are out on the town.

Tolly-Ho has a never-ending menu that includes almost everything you could ever crave. Tolly-Ho is famous for it's Ho Burgers, great shakes and malts, cheddar tots, fried mushroom, inexpensive beers and their breakfast that is offered all day.

Tolly-Ho is a word of mouth success. They don't advertise and they don't need to. They make their customers happy so they will always come back. Tolly-Ho explains, "We concentrate so hard on making and keeping our customers happy that we

don't have the time to spend on advertising." They say they do this by offering them quality food at a reasonable price in a unique atmosphere.

Tolly -Ho also has games to play while waiting for your food. They also have a "Ho-Mart" which is a mini convenient store. Tolly-Ho also does carryout for people on the go.

Tolly-Ho is even known nation wide. Playboy magazine mentioned Tolly-Ho as the place to hang out while in Lexington. So, come visit the best late night place around, you are sure to recognize someone. Tolly-Ho is located on the corner of South Limestone and Euclid Avenue.



Lauren Jackson

Goodfellas is open late night and it is a very popular place to go after the downtown bars to eat, dance, and listen to good music.

## Presbyterian Campus Ministry (USA)

### Wednesday Night Live

Through an in-depth study of the compelling storylines in *Grey's Anatomy*, we plan to raise interesting dialogue while adding a spiritual/religious twist. Join us on Wednesday at 7:00 for a home-cooked meal before the discussion - 3<sup>rd</sup> floor of our college house located behind the church. Starting August 22<sup>nd</sup>.

### Theology on Tap

Yes, a Pub is a place of prayer. Come to Two Keys Tavern at 6:30 on the 2<sup>nd</sup> and 4<sup>th</sup> Monday of each month as we gather to talk about God and our faith in a relaxed setting that takes the intimidation out of sharing and asking questions. Starting August 27<sup>th</sup>.

### Compline Service

Join us every Sunday at 9:00 for 30 minutes, we gather in the Sanctuary for prayer, meditation and low-key music, led by pastors and musicians. It's a casual come-as-you-are service that will make your week feel more complete. Starting September 9<sup>th</sup>.

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19

# BEST OF UK

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 Place to Study  
 Place to Meet People  
 Place to Go on a First Date  
 Music Store  
 Video Store  
 Book Store  
 Health Club  
 Women's Clothing Store  
 Grocery Store  
 Coffee House

**Winner**  
 Basketball  
 Basketball  
 Jodie Meeks  
 Midnight Crunch Brunch  
 Greek Sing  
 Chris DeLottel  
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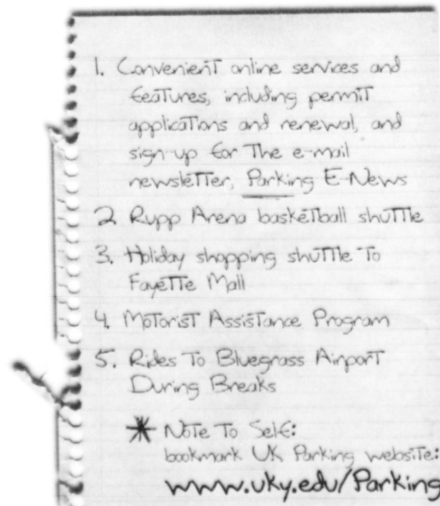
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# ORGANIZE YOUR LIFE

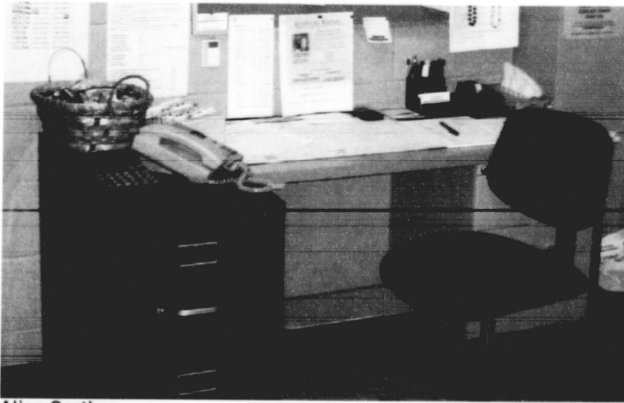
Kristen Houge  
Kernel PR

Being unorganized causes unneeded stress. According to About.com, there are several myths involved with organization. Too many people assume to be organized means that you have to be neat, clean, plan every minute of the day and have no fun. But that is not true.

In fact, someone who is

something as simple as putting all of your school supplies together in a box on your bookshelf. Once like objects are stored together, it will be much easier to find something when it is needed.

3) Balance your checkbook. There is nothing more stressful than having a problem with a bank account. To ensure you don't



Alisa Oerther

Being organized can stop potential stress.

organized is simply able to "use a structure system that allows you to find everything you need when you need it, and you get everything done when it's due--without frustration, chaos or stress," according to Maria Gracia in her article, Dispelling the Top 7 Myths About Being Organized.

In order to relax completely, things in your life need to be organized. Different areas that should show organization include your time, where you live, your schoolwork and your finances. Once these areas have structure, it will be easier to relax.

Ideas for a more organized life:

1) Tidy up your living space. Things are a lot easier to organize when clutter is out of the way. And it is much easier to study at a clean desk or kitchen table because there are fewer distractions.

2) Form your own organizational system. This may mean incorporating a filing system for your important documents or even

spend what you don't have, keep your finances organized. This can be done in whatever way makes you comfortable; it may mean writing on a calendar the dates your bills are due and balancing your checkbook once a week.

4) Write it out. According to the organizing pros at lifeorganizers.com, the best ways to stay organized are to make lists, plan things out and utilize daily day planners. Try beginning each day with a list of things you need to get done that day and cross things off as you finish.

5) Set goals and deadlines for yourself. This would especially help in organizing school work. If a major paper is due in one week, set a goal of writing a page a day. Overall, this feels a lot less stressful than writing seven pages in a much shorter amount of time.

6) Budget your time. Don't allow yourself to be busy every minute of the day. You need to have time to unwind. Organization is important for having a less stressful life.

## FAST TRACK TO RELIEVING STRESS

Jesse Vice  
Kernel PR

College is stressful. Whether you are in pharmacy school or the person who is always at last call at the bars, stuff happens in these wonderful years of life. Many people do not know how to deal with stress so they chose unhealthy methods to cope.

Being at the library for days at a time can make anyone a little edgy. A nice nicotine fix would really relieve the tension, right? Wrong. Cigarettes do not actually calm nerves; they shred them and are obviously a cause for cancer, emphysema and other diseases of the lungs. There will be way more to stress about when hooked up to an oxygen tank for the rest of your life.

A nice way to deal with studying for tests or exams is to obviously plan ahead so that there is enough time to get in some exercise. Whether it is jogging, yoga, Pilates, or just a brisk walk around William T, getting the blood flowing is critical for getting the brain to work, plus your heart will thank you for it later.

Many young males also like to work out their stress with video games. Believe it or not there is actually a rehabilitation center in Colorado that deals with Madden addicts. I wouldn't be surprised if a few fellows from UK



could benefit from a trip out west. Spending hours in front of the screen isn't good for the old blinkers, especially in the dark. It is important to play in intervals and possibly look at bike riding or heading over to the Johnson center once in a while. Being sedentary in front of the tube all day isn't good for your body or your love life.

When anxiety runs high Mother Nature will do the trick. Even just sitting outside for a few minutes to think will lower stress. It is important to leave time for yourself everyday. Nobody is going to take care of you but you. Also, spas are a nice option. Splurge on a therapeutic massage or a pedicure (boys can get pedicure too). If money is an obstacle, there are nice ways to treat yourself at home. After a hot, steamy shower rub scented lotion all over you body and lie on your bed for ten minutes and meditate. This is great for clearing your head and your pores.

Caffeine is also a problem for stress-afflicted students at the local coffee shop. Opting for a nice, caffeine free herbal tea is soothing as well as better for your heart. Finally, do not wait until the last minute to study. Procrastination is the breeding ground for nervous tension and bad habits. Study ahead of time while taking short breaks is the best bet.

Alisa Oerther

Many people enjoy playing video games to relieve stress.





Inside UK 2007-2008  
.....

# TEAM UP!

Lisa Becher

Guest Writer

As many people know, University of Kentucky's athletic program has a great tradition. However, the long hours of practice and level of competition is not for everyone. The solution: Club and Intramural Sports!

For a higher level of competition, Club Sports teams are recommended. There are over thirty official Club Sports teams at University of Kentucky, which include everything from men's and women's lacrosse and volleyball to scuba diving and water skiing. Most Club Sports teams practice couple times a week and normally travels a couple times throughout the season to play other club teams.

Erica Gillispie, Women's Club Lacrosse Team President, said, "I love everything about being a part of the Club Sports program. Our team has the freedom to be as competitive as we want to be and I have met a lot of great people through the Club Sports program". To get involved in the University of Kentucky's Club Sports pick up a Club Sport Contact list in the Campus Recreation office or go to UK's web sight and search Current Clubs.

Intramural sports offer a more laid back experience, with a lower level of play. They allow students and faculty to partake in just about any traditional American sport. Intramural sports also allow students to intermingle and really get involved in other campus life activities. Lauren Mouser stated, "After leaving high school, intramurals were a great way to keep involved with sports."

Many Greek Organizations have Intramural Teams, but that is not the only way to get involved. Any student may create their own team as long as they are able to provide a Student ID for everyone on the team.

The University of Kentucky's campus can feel really big, but by participating in Club and Intramural Sports students are able to bring a small university feel.



Provided by [www.uky.edu](http://www.uky.edu)

Lacrosse Coach, Jacob Knight, gives a pep talk to his team. The Lacrosse team can usually be seen running around Goodbarn Field in front of Commonwealth Stadium when practice begins.

## JEWISH STUDENT ORGANIZATION/ HILLEL FOUNDATION

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# WHAT'S HAPPENING

Hilary Kircher  
Guest Writer



Account Executives hard at work at the Kernel.

Do you enjoy being behind the scenes and love to know what is happening before everyone else? If you're like most people, you love the sense of being the "first to know" when something happens. It's a great feeling.

The secret to this "backstage" world is through the different newspaper and radio job opportunities offered at UK. And every year these mediums need fresh ideas and faces to join their teams. So, if the idea of being the first to know interests you then read on, my friend!

Here at UK there are many different ways to get behind the scenes: The Kentucky Kernel- student newspaper, UK News- faculty and staff newspaper, WRFL- student radio and the Kentuckian- student yearbook. All of these are student-run organizations and they are always looking for new people. There are many different opportunities such as writers, photographers, DJs, account executives, creative staff members, etc.

"Working on the [Public Relations] staff at the [Kentucky] Kernel has made me feel like I'm an important part of the UK population," said Jill Fawbush, an Integrated Strategic Communications senior. "My only regret is that I did not take advantage of these opportunities my freshman year."

Separate from the journalists, the PR staff includes an editor, coordinators and guest writers. They publish special sections sporadically throughout the year. Each issue has a central theme and is a fun addition to the daily Kentucky Kernel. The PR staff also publishes summer magazines such as the Wildcub, a guide to UK given to incoming freshman, and UK Hot Spots, a list of what's new around campus. If you would like to apply for a PR position, you can visit the office in room 026 of the Grehan Journalism Building.

"This experience has taught me discipline as well as how to work toward goals and with deadlines," recalls Sean

Rose, Journalism senior and news editor for the Kentucky Kernel. The Kernel comes out everyday during the school year and Thursdays during the summer.

UK News is another great way to get involved. This newspaper is published twice a month. It is given to all faculty and staff as well as distributed around campus.

Account executives sell advertisement spots for both the Kentucky Kernel and UK News. This job is extremely important because advertisements are what fund the publications. Alisa Oerther explains, "I love being an account executive, I get to work with all kinds of people and businesses."

The staff of the Kentuckian works hard all year round to collect news, pictures, names, dates and everything else that is essential to the yearbook. The result is a large book of memories commemorating UK's school activities. The yearbook is fun to work for because you can use your creativity more freely than you can in the newspaper. For information about positions at the Kentuckian, you can visit room 026 of the Grehan Building.

If print media isn't for you, checkout WRFL, the main radio station on UK's campus. This radio station runs music continuously without commercial interruptions. And the cool thing is all of the DJs are students! They even have DJs

at 3 a.m.! If you'd like to listen, tune into 88.1 FM. And if you'd like to apply for a position as a DJ, go to [www.wrfl.org](http://www.wrfl.org).

So whatever the reason- whether it's because you like to be the first one to report the news or you are just looking to get involved at UK, consider a job at one of the many news outlets the university has to offer.

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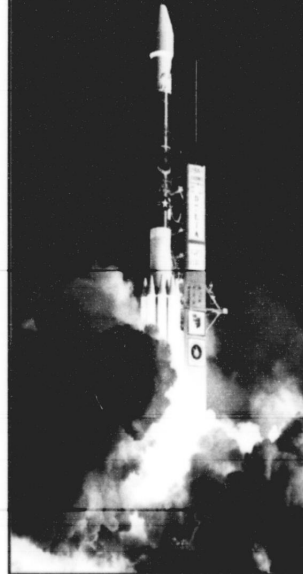
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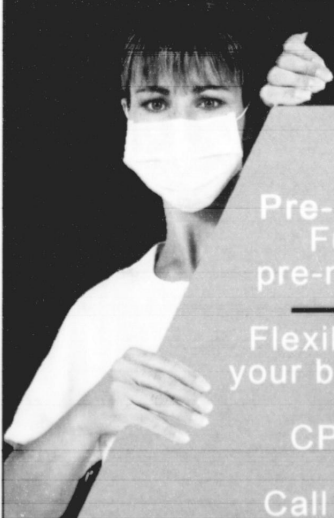
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# SEE THE WORLD

Andolyn Johnson  
Kernel PR

After an evening at the local tapas bar, we made our way to the discoteca that opened at 2:30 a.m. Aside from our broken Spanish, we had finally begun to look and act like the locals. From fashion to food, our lifestyles had quickly adjusted to fit that of a native Spaniard, including staying out until 6 a.m. almost every night of the week, the typical routine for the seventy thousand college students in Granada, Spain.

This summer I spent five weeks studying abroad. When leaving the U.S. I had no idea what to expect, but I could not wait for a new challenge. I found out that the benefits of studying abroad are almost endless. It not only

involves taking an unforgettable vacation, but students also gain an understanding and appreciation for other cultures. It offers an opportunity to develop character as well as influence other people. While living with a Spanish family, my use of the language significantly improved, and my interaction with my host family changed some of their negative opinions about American culture. With access to famous museums, elaborate cathedrals, bullfights, festivals and flamenco dancing, I encountered the rich history of Spain firsthand. I also earned six credit hours by taking classes at the University of Granada that easily transferred to UK.

Continued on page 29



Andolyn Johnson

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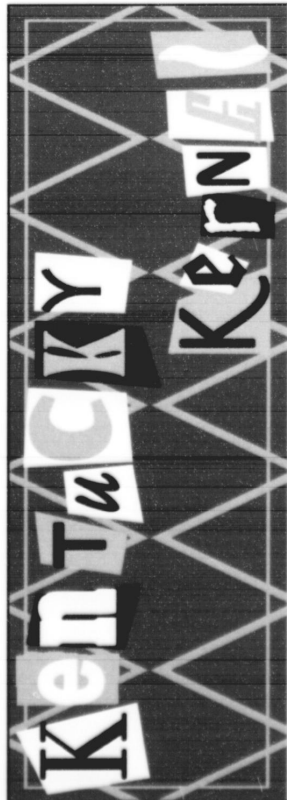
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For more information, go to [www.uky.edu/email](http://www.uky.edu/email).

## Information Technology Customer Service Center

We are your resource for computing help. Access information about anti-virus solutions, email accounts, and other computing resources. We are located in 111 McVey Hall (257-1300), Monday through Friday 7 a.m. to 6 p.m., or visit our website at [www.uky.edu/IT/CustomerService](http://www.uky.edu/IT/CustomerService).

## Academic Technical Support provides Campus-wide Student Computer Access

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## Personalize your email Address

Your email address can be customized to be more like your real name rather than just some letters and numbers. Check out [www.uky.edu/email/UEA/faq.html](http://www.uky.edu/email/UEA/faq.html)

## Wander the UK Wireless Campus

The UK campus offers you approximately 100 wireless locations with over 1000 access points – and our Wireless network allows on-campus students to use laptops to check email, research a topic, or join an online class discussion without being directly tethered to a network port. For wireless updates, bookmark the UK Wireless website at [www.uky.edu/Wireless](http://www.uky.edu/Wireless).

## Purchase Hardware & Software

Students can purchase hardware and software through the UK Computer-Purchasing Portal at [www.uky.edu/ebuy/](http://www.uky.edu/ebuy/).

# SEE THE WORLD CONTINUED

Studying abroad is the most exciting way to gain knowledge and experience. It also makes students more desirable to future employers by increasing their understanding of the world. It could be the key to being accepted to graduate school or getting a job. The challenge of adapting to life in another country not only opened my eyes to new aspects of my personality, but it also changed my perspective about my career goals. Studying abroad is not just for foreign language majors. Any field will find the benefits of studying abroad rewarding and important to future success.

When choosing a place to study abroad, students have endless possibilities. Groups of students travel to almost anywhere in the world. To find out more, visit UK's Office of International Affairs located in Bradley Hall. Several advisors are available to help with any questions about traveling. They proved to be extremely supportive when I prepared for my trip.

They also regularly hold IDEA sessions which introduce information regarding studying abroad. OIA's website, <http://www.uky.edu/IntlAffairs/index.htm>, helps students begin to explore the possibilities of traveling

Many students are concerned about the expenses of studying abroad. Although it can be costly, UK provides some financial aid. If students choose to study abroad for a whole semester, the costs are almost equal to UK's tuition and living expenses. There are numerous affordable, all-inclusive programs available, including faculty-led EA, KIIS, CCSA and ISA. Check out all the options to find the program that best fits your expectations.

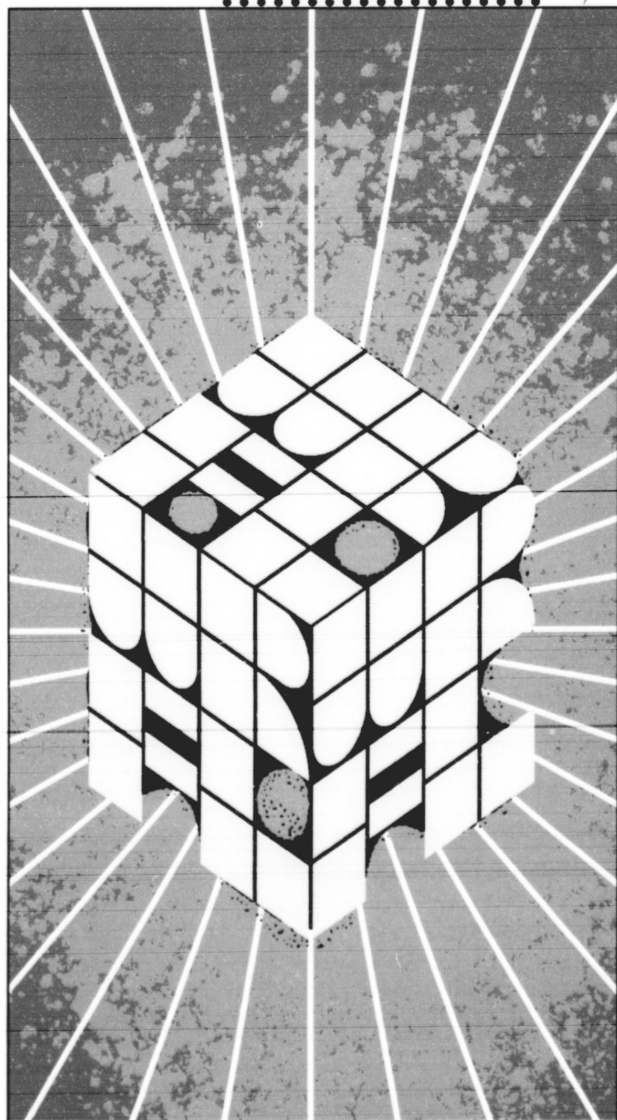
If you are looking for an adventure, plan a semester or summer abroad. The options are endless and the cost and preparation worth the opportunity to see the world. When searching for a place to study, spend plenty of time deciding, because it quickly becomes your second home!



Lauren Jackson

The Office of International Affairs provides information to students who are interested in studying over seas. OIA is located in Bradley Hall on the corner of Washington and Rose Street.

29



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# LOOKING FORWARD

Kyle McCandless  
Guest Writer

Billy Gillispie has already proven to the University of Kentucky that he is the right guy to return its basketball program to the elite status that fans are used to. According to rivals.com the Wildcats have landed the 13th best recruiting class for 2007 and have good reason to be excited about the upcoming season.

"In the short amount of time we had in recruiting...I don't think we could imagine doing much better," commented Gillispie on his first recruiting class as the Wildcats head coach.

If Gillispie's first recruiting is any indication of what's to come, the Wildcats sure have a lot to look forward to. Two words: Patrick Patterson. The 6'-8" McDonald's All-American five-star power forward turned down both Florida and Duke to come be a part of the Kentucky tradition. Along with Patterson and Oak Hill's great shooting guard Alex Legion, Gillispie signed power for-

ward A.J. Stewart and seven footer Mike Williams to complete his well-rounded 2007 recruiting class.

"I am really excited about the effort of every player on our team. I knew they were good, but I think they are better than I even thought they were going to be... I am really excited about the near future," Gillispie said about next season's Wildcat team as a whole.

The UK men's basketball team isn't the only one excited about next season. Matthew Mitchell has been hired as the head coach of Kentucky's women's basketball team. Mitchell is a well-qualified candidate for the job with a list of credentials a mile long. He was the head coach of Morehead State and has been assistant coaches under both former Kentucky women's coach Mickie DeMoss and the legendary Pat Summit from the University of Tennessee.

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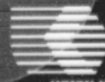
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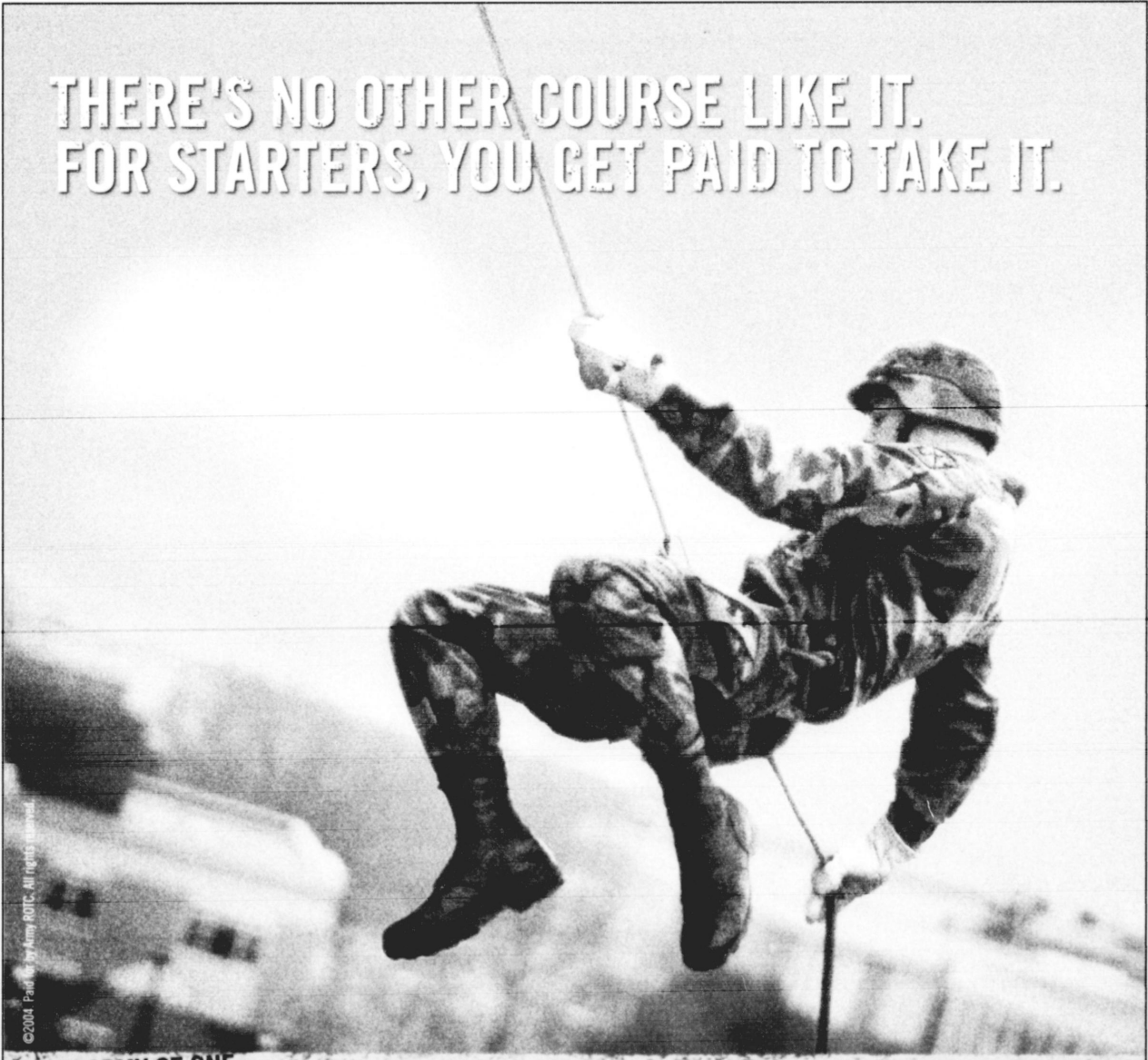
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