

We are so

ne following is a list of tag lines that I've been thinking about adding the send roll and the send ro

Believe its not liver"
Ray
Jonathan "Are you going
to eat that" Ray
Jonathan "There's no
way that was a dude"
Ray
Jonathan "I should have
taken the blue pill"

Jonathan "I should have taken the blue pill"
Ray
Jonathan "Take this job
and shove it... right
back to me cause 'm
read of myself' Ray
Jonathan "No, I don't
have a drinking
problem. Now,
where's the rubing alcohol?" Ray
Jonathan "I can fit my
fist in my mouth ...
ack" Ray
Jonathan "Fan Jonathan "I can fit my
fist in my mouth ...
ack "Ray
Jonathan "Onot worry,
it's not contagious"
Ray
Jonathan "Son don't gray
Jonathan "Gon the gray
Jonathan "Gray
Jonathan "Tan't gray
Jonathan "Tan't

Ray onathan "Yeah right, the world doesn't revolve around me That's a good one"

the mouth; you have to check its hoofs and mane too" Ray Man of Pancakes (IMOP)" Ray

Rail Editor ionathanr®kykernel.com

THE 411



59

Who really cares if it's partly sunny or part ly cloudy, it's the week-end.

Kentucky

VOL. #108 ISSUE #18

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

THURSDAYKENTUCKY

and his funky friends to perform | 5

http://www.kykernel.com

PARTY

Friday's Gator Roast to revive school spirit

Closing the streets: At least 5,000 students expected to join festivities

This weekend, UK spirit will return to the campus community after more than a decade of silence. In celebration of the UK Florida football game, a per rally will be held Saturday from 8 p.m. to midnight on Euclid Avenue, the first huge community event of its kind since Otis Singletary was UK's president.

The rally, hosted by Student Government and the Student Activities Board, will incorporate live music and free food with a biltz of blue and white decorations. At 9 p.m. a spirit rally will be held with President Lee Todd and his wife, Patsy. The Wildcat mascot, the spirited blue man and possibly the UK marching band will also make appearances.

Euclid will be blocked off from Martin Luther.



The event, organized by President Todd to join the campus community, is open to all students.

The Schuers, a local pop rock band, will set up on stage on the corner of Euclid and Martin Luther King Boulevard. The band will play from 8 p.m. to midnight, stopping only for the spirit rally.

A dunking booth will be on site, where many student organization leaders, including SG Vice-President Caroline Harralson, will be target practice to students. Proceeds from the booth will go to the Wildcatt Relief Fund, a fund formed by SG to aid victims of the terrorist attacks last week.

Free Pepsi products, hot dogs, sausage, bratwurst and possibly roasted gator tail will be provided by Campus Cuisine. Popcorn, snow cones and cotton candy will also be available.

Security will be comprised of 50 to 70 students provided by SG. Robinson said he spoke with campus police to arrange that police will be required only if problems occur.

"As long as students aren't getting out of hand then our folks aren't going to bother them," Robinson said. "My advice is for students to be responsible."

Because the event is on a city street, Robinson said students should obey city ordinances. "Have a good time, but be responsible," Robinson said.

Robinson and SAB President Chris Rogers said if the event goes well, others will be held in the future." Thave complete faith in the UK students, "she said. "I think they're going to make this a great event."

Cyclists suggest changes for better riding conditions



McLane, an economics senior, rides her bike near the Kirwan-Blanding Complex. Some bikers would like more bike lanes through main campus.

On any given day, students and faculty bike all over campus. They make it from class to class in record time, all without breaking a sweat. Yet they face many problems with their transportation choice.

The biggest problem seems to be a lack of bike lanes to and on campus.

to be a lack of bike lanes to and on campus.
"There needs to be more bike lanes through main campus," said Chris Jeffy, an economics senior and biker. "Either I have to go all the way around and ride on Limestone with no sidewalks, or ride all the way down to Euclid."
Andreas Lehner, a research scientist in the department of veterinary science, agreed with Jeffy, saying that bike lanes are inadequate.
"There are too for the said of th

Jetty, saying that bike lanes are inadequate. "There are too few bona fide bike lanes in this town," he said. "And on ones that exist, I'm amused by signs stating bike lane ends. Are those for the cyclists or the drivers?" UK limited the bicycle lanes through campus about six years ago, said Sgt. Joe Monroe, of the UK police.

"A lot of people were getting hit by (bikers) going too fast on main hit by (bikers) going too fast on the people was a second of the bear of the people with the biker banded to to high accident rate with pedestrians ... Since then, our bike/pedestrians carashes have dropped."

Many ways to correct the problem were suggested, ranging from adding lanes across campus to limiting pedestrian sidewalks. "It would be a great idea to put a main bike lane all around main campus," said Monroe. "We could always use more bike-dedicated lanes on campus."

cated lanes on campus."

Bike lanes also need to be added to roads coming into campus, said faculty members.

"We obviously need bike lanes on access streets where feasible—for example, University Drive, Virginia Avenue, Red Mile Road and Martin Luther King." said Bill Fortune, a law professor.

"Possibly striping Euclid and Aylesford to lead bikers around the Euclid/Rose intersection would help." Lehner agreed.

resorted to looking for larger breaks between cars to cross, rather than absolutely safe condi-

Monroe said that cars misus-ing bike lanes is a problem also.

"A lot of people use (bike lanes) as turning lanes, so they might need to be marked better," he said.

Jeffy said pedestrians pre-sent the main problem on cam-pus. "People don't ever look for bikes. As far as attention goes on Rose Street, there is none."

FREEDOM UNDER FIRE

TALKING

Campus forum seeks answers



on, an ISC sophomore, asks a question to a panel of ors about terrorism in America Wednesday night.

n, of UK's Department of Behavioral

Attack investigation progressing

I want to

stay as

close to the can without ing over Out on the

kinds of

can't see

from the

The Low-down

Terrorism readiness groups prepare

Terrorism readiness groups prepare
FRANKFORT — Prosecutors and law enforcement agencies at all levels in Kentucky are plotting their own strategy to ferret out and prosecute any terrorism activity. Attorney General John Ashcroft ordered U.S. attorneys in every part of the country to create such groups. Assistant U.S. Attorney Mark Miller, a veteran prosecutor, has already held the first meeting of the task force for the Western District of Kentucky. It included representatives from the FBI, immigration service, drug enforcement agencies. Kinchucky State police, local police and other federal agencies. "Like the nation, our law enforcement community in this district is unified in its resolve to effectively address this threat to our public safety," said Monica Wheatley, acting U.S. Attorney for the Western District in Louisville.

Second artificial heart patient walking

Second artificial heart patient walking LOUISVILLE. — The second patient implanted with a self-contained artificial heart is breathing well on his own and taking short walks, less than a week after surgery, his doctors said Wednesday. Tom Christerson, 70, spends time each day sitting in a chair and taking walks outside his hospital room, said Drs. Laman Gray Jr. and Robert Dowling. The doctors said they were encouraged by how Christerson's body has responded to his AbloCor artificial heart. Christerson, a former tire dealer from Central City, Ky, received the softball-sized pump in a Sept. 13 operation at Jewish Hospital. In the same statement from the hospital. Christerson's family thanked his medical team and Ablomed Inc., the Massachusett-based maker of the AbloCor. The family said it would not make any further public comments and asked that reporters respect its privacy. Friends describe Christerson as a NASCAR fan who loves barbecue and shrimp.

Drug bust yields 1,033 lbs. of pot

Brug bust yields 1,033 lbs. of pot

ELIZABETHTOWN — A tractor-trailer rig
that was supposed to be carrying a load of candy provided a different kind of treat for Kentucky Vehicle Enforcement officers. Authorities found 1,033 pounds of marijuana in a
seizure described as the largest seizure of marijuana in Kentucky Vehicle Enforcement history. The marijuana had a potential street value of \$2.5 million, authorities estimated. The
seizure on Monday at a weigh station in
Hardin County occurred after officers became
suspicious and discovered several boxes filled
with marijuana in the truck. The driver, Jose
Padilla, 50, of Las Vegas, Nev., was arrested
and charged with possession of marijuana,
possession of drug paraphernalia and trafficking in marijuana over five pounds.



APOLOGIES: German compo Karlheinz Stockhausen apologized for calling last week's attacks on the United States a "work of art," words that prompted the cancelation of

one of Germany's described the attacks as "the greatest work of art one can imagine." Organ-izers of a music festival in Hamburg promptly canceled four concerts of Stockhausen's

forgiveness, because I have never felt or thought what was read into my words," he said, according to Weiss. Stock-hausen gained hausen gained fame through his avant-garde works in the 1960s and 70s.

Airlines laying off workers nationwide

Airlines laying off workers nationwide
DALLAS — The parent of American Airlines
said Wednesday it would lay off at least 20,000
employees as it deals with declining air traffic
since last week's terrorist attacks. The cuts will
be spread across American, Trans World Airlines and the American Eagle commuter line,
AMR Corp. said. American and American Eagle
have approximately 100,000 employees and Trans
World another 20,000. American, the world's
largest carrier, had already said it would join
other carriers in cutting its flight schedule by 20
percent. The nation's aviation industry has been
reeling since terrorists hijacked four airliners
Sept. 11. AMR is the latest major carrier to announce layoffs. US Airways is laying off 11,000
employees and Continental 12,000 ovrokers.
America West, America Trans Air, National Airlines and Virgin Atlantic have all announce cuts.
Midway Airlines shut down. Analysts have said
there could be 100,000 layoffs as the industry
deals with a slower economy as well as fewer
passengers and security costs related to the attacks.

Advanced aircraft fly to Persian Gulf

Advanced aircraft fly to Persian Gulf
WASHINGTON — The Pentagon ordered
dozens of advanced aircraft to the Persian Gulf
region on Wedded ay as the hour of military retailation for deadly each set four of military retailation for deadly each set four of military retailation for deadly each set four of military retailation for deadly each set for the contribute — some openly, some secretly — to "the
long campaign" against terrorism. The combat
aircraft, probably F-15 and F-16 fighters and possaibly B-1 bombers, will be preceded by air traffic
control teams, a defense official said in the first
public disclosure of a buildup dubbed "Operation
Infinite Justice." There was no immediate word
from the Pentagon on how many aircraft had
been ordered deployed, or when they would
move. The official who provided the information
spoke on condition of anonymity.

Memorial service planned for victims

Memorial service planned for victims
NEW YORK — As rescue crews at the World
Trade Center found more shattered concrete and
twisted steel — but still no survivors — New
York's mayor said Wednesday that a weekend
memorial for the fallen will be held at Yankee
Stadium. Authorities had said that a service
planned for Central Park, once expected to draw
a million mourners, would not take place. But
Mayor Rudolph Giuliani told an afternoon news
conference that there would be a memorial at the
Bronx stadium at 3 p.m. Sunday. Admission will
be by ticket only; there should be room for
around 60,000 mourners, in a city of 8 million
that is entirely in mourning. Meanwhile, the private grief went on — funerals for six firefighters
and two police officers were held Wednesday. Although city workers continued to pore over the
rubble, the last survivor pulled from the wreckage emerged one week ago. Giuliani said their or
ders had not changed: They were still on a search
and rescue mission. He said the bodies of 235 people have been recovered from the debris that was
once the Trade Center; of those, 170 have been



was cited on Aug. 3 for speeding in his boat, Sexual Chocolate, after

the Orange County Sheriff's Department said its Harbor Patrol clocked him doing

identified by the medical examiner and their families notified. Another 5,422 were missing. State officials said they were close to an agree-ment expediting the issuing of death certificates, so that families of the dead would have quicker access to insurance and other benefits.

Chartered flight demand soars

Chartered flight demand soars

LOS ANGELES — Demand for chartered jet flights is up sharply around the country as deep-pocketed travelers try to avoid new security delays at major airports. A charter service in Southern California reported a 110 percent increase in customer calls. A Wisconsin company said customers are booking longer interstate flights normally handled by commercial airlines. And in Brunswick, Maine, Adam Webster's charter flight referral service has been swamped for a week. Charter companies call the new business a sad result of last week's attacks. Charter companies — whose planes range from single-engine four-seaters to Boeing 73's with conference rooms and bedrooms — boast of smoother checkins than larger carriers and a feeling of safety that comes with knowing everyone on a flight. The nation's 3,000 charter companies rarely search passengers or their luggage. Many charter companies also operate out of private terminals that allow cars to drive up to the planes. CALIENTE: Puerto Rico this the United States speaking in Spanish.

McDonald's \$1 million winner arrested

McDonald's \$1 million winner arrested DAYTONA BEACH, Fla. — A former homeless day laborer who won a \$1 million instant prize at McDonald's this month was arrested on charges of beating his fiance. Patrick Collier, 35, was released from the Volusia County Jail on \$2,500 bond Tuesday after being arrested at his Ormond Beach home on a felony charge of aggravated battery against 29-year-old Sandra Fabian. According to a police report, Fabian was left bleeding from her mouth and nose, and had a swollen cheek. She was treated at a hospital for head and neck injuries, police said. Collier went into a McDonald's in Holly Hill on Sept. 1 for a 99-cent breakfast sandwich for Fabian, and walked out the winner of a \$1 million instant prize. HOT RODDIN': Dennis Rodman has been charged with three misdemeanors for allegedly speeding through Newport Harbor in his 47-foot boat. The former NBA star

Alaskan's oil dividend checks shrink

Alaskan's oil dividend checks shrink
JUNEAU, Alaska — Alaska's oil revenue
savings account lost money last year for the first
time in its 25-year history because of the stock
market turnoil, but the dividend paid to residents is shrinking by less than 10 percent. This
year's Alaska Permanent Fund dividend is
\$1.850.28 per person, the state Revenue Department said Wednesday. That's only \$115.88 less
than last year's payment and is the second highset dividend on record. An estimated 599,423
Alaskans will receive the 2001 dividend, for a tola of \$1.09 billion, the department said. The
fund's net income fell by half. The money is paid
to every Alaskan man, woman or child who has
lived in the state for one full calendar year.





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NO ONE UNDER 18 ADMITTED



SPEAKING OUT

Priest opposes combat school

Father Roy Bourgeois, a Vietnam veteran, recipient of the Purple Heart and vehement voice opposing the School of the Americas, will be speaking in and around Lexington through Saturday. Bourgeois will address his battle with the SOA.

with the SOA.

SOA, once a part of Fort Benning, Ga., was a military school training Latin Americans. While SOA no longer officially exists, Bourgeois is just as opposed to its replacement, the Western Hemisphere Institute for Security Co-

Western Hemisphere institute for occurity or operation.

In an article written for the Atlanta Constitution in January, Bourgeois attacked the WHISC. "The new institute is no different from the SOA it replaces," Bourgeois said. "It is a combat school. Infantrymen and women from Latin America come to learn to fight."

Dave Newton, a UK history and political science senior, said he sees a similar picture of the WHISC. "It's scary stiff," Newton said. "They train your classic evil dictator types." Bourgeois is the co-founder of an organization called the School of the Americas Watch. SOAW organizes protests and has the ultimate goal of shutting down the SOA, the WHISC and any organization like them, according to the organization's Web site.

Hear him speak
Sept. 20 Lexington Theological Seminary, 11 a.m.
Sept. 20 Transylvania University, 2-6 p.m.
Sept. 20 Transylvania University, 2-6 p.m.
Sept. 21 Catholic Herenton Cerity, 5-30 p.m.
Sept. 22 Workshop, Catholic Herman Center, 9 a.m.
to noon, For more information, visit www.soaw.org or
www.benning.army.mi/WHISC.

Cyclists ride to raise awareness



By Mark Boxley STAFF WRITER

Cyclists from around the city will converge on campus Friday to support bicycle awareness. The event, dubbed Critical Mass will meat at the William T. Young Library before riding around campus bike paths.

The event is sponsored by Green Thumb, a UK student environmental organization.

This is the first year that Erik Hungerbuhler, a sociology junior who recently joined Green Thumb, will attend the Critical Mass. He said that he wouldn't just be riding for fun on Friday.

Green Thumb

"We want motorists to recognize that cy-clists are vehicles." Newton said. Other Green Thumb goals for the campus cycling trek are to promote bicycling as a clean and environmen-tally safe mode of transportation. Newton men-tioned that the event also promotes the joy of riding a bike.

tioned that the event also promotes the 103 of riding a bike. "It's just fun," he said. Newton said that about 60 bike riders from around the city attended the event last year and he expects the same amount this year. Newton said the event attracts a wide age spectrum. "We had Boy Scouts come last year," he said.

said that he wouldn't just be traing as.

"We may be said."

"If feel that we really need to raise awareness about cycling as a viable means of transportation," Hungerbuhler said. "It will be a good showing for the rest of Lexington."

Organizer of the event, Dave Newton, established the goals of the event. Newton is a history and political science senior and member of

Nader to visit Bluegrass, speak at Berea College



00PS

Corrections

the blaming of victims.

Also, information attributed to Kelly Behre in the final two paragraphs of the story should have been attributed to Ball.

A story in Wednesday's Kernel incorrectly reported educational programs offered by the Bluegrass Rape Crisis Center.

Though programs are offered at the center, Alexis Ball, a BRCC crisis counselor and educator, said education stressing the prevention of rape sends an unrealistic message and allows for

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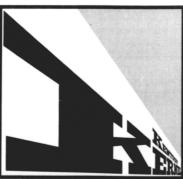
FRIDAY KING KONGA WITH BURN

SATURDAY GOLD TOOTH DISPLAY
CO RELEASE PARTY

WIN \$\$\$ MONDAY NIGHT FOOTBAL "Z-103" \$3.75 PITCHERS AND FOOD SPECIALS







The Campus Calendar is produced by the Office of Student Activities. Registered Student Orgs. and UK Depts. can submit information for FREE online ONE WEEK PRIOR to the MONDAY information is to appear at: http://www.uky.edu/CampuiCalendar. Call Z57-3867 for more information.

MEETINGS
*CRU, 7:30pm, Worsham Theater
*Devotions-n-Lunch, 12:00pm, BSU, \$1.00 Thurs 2U

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SPORTS
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SPORTS
SPORTS
Shaolin-Do Karate classes, 5e-30pm, Alumni Gym Loft
UK RUGBY practice,8-5pm, Club sports field
SPECIAL EVENTS
SPECIAL EVENTS
Anchoralsm, 6pm, Saudoent Center, Rm. 206
Anchoralsm, 6pm, Sauto Center, SPC, 257-7755
UK Dinner with faculty and guests, 5:30 pm., Catholic New
Presentation, Ernie Yanarella, 7:30 p.m., Student Center

MEETINGS

"Intervariety Christian
Fellowship, 7pm, Student Center, Rm. 230
SPECIAL EVENTR, Ross Bowl benide W.T.
Bowl Party, 4-6pm, Ross Bowl benide W.T.
"Bowl Party, 4-6pm, Ross Bowl benide W.T.
"Poster Sale, 8am-5pm, Student Center, Rm. 206
"Critical Mass Bike Ride, 3pm, In front of W.T. You Library
Roy Bourgeois-Speaker, 7:00pm, Student Center, Small Ballroo
Dinner with Students, 5:30 pm, Catholic Newman Canter
Newman Foundation Talk, 7:30 pm, Catholic Newman Center
Gator Bowl, 8:12p.m., corner of Lime and Euclid *Newman Foundation Factor of Lime and Euclid *Gator Bowl, 8-12p.m., corner of Lime and Euclid *SPORTS *Tae Kwon Do practice,5:30-7:00pm, Alumni Gym Loft

Tas Kwon Do preuton 20 provided 21230pm.
FORTS TUR Footbell Game vs. Florida @ 1230pm.
FORTS TUR FORTS TURN 11.100pm, Alumni
FORTS TURN 11.100pm, Alumni
FORTS TURN 12.100pm, Alumni
FORTS TURN 12.100

dent Center, rand Ballroom **poken Word Performance** by the "Forerunners of temorial Hall, Free Admission **orkshop**, 9 a.m.-noon, Catholic Newman Center

ACADEMIC *Master Student, 1:00pm to 6:00pm, 201 Frazee Hall
SPECIAL EVENTS
Poetrypalooza, 8-10pm, Common Grounds
'Opening reception for "Contemporary Art Quilts" 2-00pm, OR All Museu
WTRAMINIAL Species 2-00pm
Support S *Poetrypanov.a.

*Opening reception for "Contemporary Art

*UK Campus Girl Scouts, 6p.m., Student Center, Rc

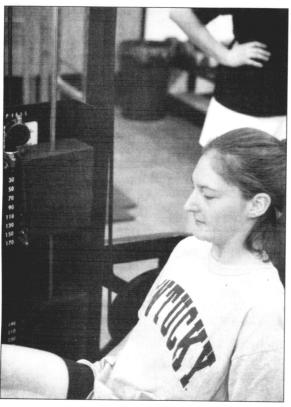
*INTRAMURALS, RECREATION

*UK Aikido Club, 1-300PM, Alumni Gym Loft

*UK Aikido Club, 1-300PM, Alumni Gym Loft

4 | THURSDAY, SEPTEMBER 20, 2001 | KENTUCKY KERNEL

Fighting the feared Freshman 15: eat moderately, drink less beer



Survey says: More than 20 percent of college students are overweight; avoid calorie overload and the extra 15 pounds by controlling your metabolism

No matter how many times it is replaced, the Ben and Jerry's ice cream at the Commons Market keeps disappearing. And so do the cookies, chips and candy bars.

Weight gain and college sometimes go hand in hand. With chocolate snacks and salty chips available in almost every building on campus, it may hardly be a surprise that college students, especially freshmen, are feeling tightly bound in their favorite pants from high school.

high school. More than 20 percent of col-

Disease Control and Prevention.

Juli Rindy, a dietician at the University Health Service, said some of the weight gain is natural, but much of it can be avoided. "When you turn 18, your metabolism changes, Girling get hips," she said. "And people who were active in high school get to college and don't know where the gym is. The only exercise they get is by walking around campus the transition from high school to college and the transition from high school to college size also a main factor, said Mary Bolin-Reece, the director of Counseling and Testing.

"When people come to col-

Among the changes is coming up with a new routine, said Sandra Bastin, the state extension food and nutrition specialist.

said. Another big reason many freshmen tend to gain so much weight is because their alcohol consumption often rises.

Drinking a number of beers in one night and then getting the "drunk munchies" could lead to a calorie overload, Kindy said.

These munchies can lead to weight gain.

weight gain.

"Learn to eat in moderation." said Robert Hayslett, the
fitness director at the Seaton
Center. "If you're going to eat
pizza, that's OK. Just don't eat
three pizzas a day."

For students not wanting to leave the dorm, just a couple of dumbbells and a resistance band can lead to an efficient workout of sit-ups, push-ups and various other activities.

"They should try to find something to enjoy doing, or it turns pleasure into pain." Hayslett said.

Bolin-Reece said people enjoy dessert, but eating it every-day adds weight.

"If you generally eat pretty healthy, it's not a failure if you lead to the said occasionally overeat," she said.

neatiny, it's not a failure if you occasionally overeat," she said. "If you like dessert, then eat dessert sometimes."
Kindy said students should not become obsessed with the numbers.
"Our bodies don't work like."

"Our bodies don't work like a math equation," she said. Kindy said that while many people turn to fat free foods to lose weight, fat-free foods can still be as dangerous as candy bars.

still be as dangerous as candy bars.

"A lot of times they take out the fat and put sugar back in, which adds to the calories," she said.

Calories should not be avoided. In fact, they are necessary for people to function.

One way to maintain a steveral turns a day instead of three large meals, Bolin-Reece said.
"In terms of metabolism "In terms of metabolism."

Fun facts about weight

Women need 1,800 to 2,000
calories per day, Men need 2,000 to
2,500 calories

30 percent of a person's
calorie intake should come from fat.
Women consuming 2,000 calories a
day should also act of y

week A regular beer has 150 calories. A fight beer, IID calories A fight beer, IID calories A fight beer, IID calories calories per day to be able to sit and breathe .

'The number of adult Americans eating low-calorie, super-free foods and beverages has risen from 68 million in 1984 to 163 million in 2000

2000

48 percent of Americans drink diet soft drinks.

30 percent of Americans chew sugar-free gum

24 percent of Americans are currently deting. In 1986, 37 percent spent time dieting

Source: University of Kentucky Cooperative Extension Service & www.caloriecontrol.org

Amy Trumbull, a communication freshman, uses a leg press trainin device to ward off the Freshman 15. Many believe first year students gain at least 15 pounds during the first semester of college. Many students choose to conform to traditional work-out methods

JESSE LEBUS | KERNEL STAF

there are 1.039-calorie hamburgers and French fries, and the 755-calorie sweet and sour chicken on campus, there are also 250-calorie vegetable lomein servings and 250-calorie turkey sandwiches.

Carol Raitz of Food Services said she makes sure there are healthy options on campus, including salad bars at every cafeteria.

Garol Roffer healthy selections," she said. "What my concern is, is that the individual eating habits of the students could be bad."

Although the freshman weight gain tends to be viewed as a plague, moderation and exercise can be a simple cure for anyone wanting to keep a few pounds off.

"We do want students to avoid the Freshman 15, but we also want them to enjoy their in the concerning of the concerning of the concerning of the concerning on this campus that are more important than putting on a few pounds."

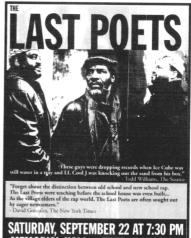
Quick ways to burn

Guick ways to burn
Orgam 27 calories
Attending class — 88 calories
Bathing — 29 calories
Disco Dancing — 81 calories
Eating — 22 calories
Moderate sexual activity —
19 calories
Vigorous sexual activity —
22 calories
All stats are based on a
130-pound person performing
for 15 minutes.









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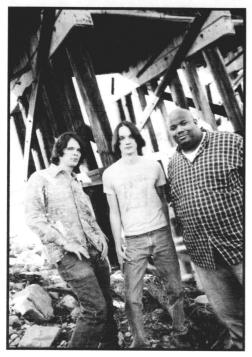


In terms of metabolism, it's better to eat small amounts more often.

MARY BOLIN-REECE, DIRECTOR OF COUNSELING AND TESTING CENTER

CELEBRATIONS OF MUSIC

Harvest festival establishes bonds with love of music



The Green Genes will grace the Terrapin Hill Harvest Festival with their unique musical mix in Hardsburg Sept. 21 through Sept. 23. There will be several other local and national bands hitting the stage including the North Mississippi Alistars and Goose Greek Symphony. Tickets are presently on



What a line up: Terrapin Hill Festival joins local and national bands to a crowd of devoted fans for a unique musical jam package

Contribution write

A former UK student began
his own music-promotion company in hope of earning money
for law school.

Joshua York, 26, started
Third I Productions in May, out
of his on-campus home. He and
his partner, Dave DeVore of
Lancaster, have used their life
savings to rejuvenate the live
music scene in Lexington, he
said.

"My backbone in this com-pany is so that I will eventually be able to go to law school with-out taking out loans," York

out taking out a said.

Typically, graduate students are offered financial aid through assistantships (being a teaching assistant), fellowships and other support services, ac-

cording to UK's graduate school Web site. But York's plans to pay for law school without us-ing financial aid may be more than just wishful thinking. Third I has booked national and local acts to play in the area during their first year as a company.

area during their first year as a company.

"We're giving good musicans and good artists a reason to stay here because a lot of great bands are looking elsewhere to find their market." York said. Third I Productions has done shows with Lynagh's and they have future plans with AIA. The Palace Theatre in Louisville and several other area venus.

Right now, York explained.

area venus.

Right now, York explained, they have just a promotion company that books bands, promotes them and finds places for them to play. They are quickly

evolving, though, into a full-blown production company that brings bands, lights and sound crews to various locations. Lexington has traditionally been booked through larger corporations, such as Sunshine Promotions, which is now part of nationwide SFX Entertain-

of nationwide SFX Entertainment.

York thinks Third I's dedication to closing the gap between local bands and club owners is what differentiates them from larger music promotion companies. He explains further that the larger companies such as SFX are interested in booking huge places, such as Rupp Arena, while Third I's goal is to give smaller bands some exposure.

some exposure.

York said students wishing to start similar businesses should go to a lot of shows and

He also said a person has to be able to deal with musicians and a lot of different people's ideas.

All for one, one for all

All ror one, one for all The Terapin Hill Harvest Festival will take place on the Terapin Hill Harvest Festival will take place on the Terapin Hill Farm at Harrodsburg, beginner of the Terapin Hill Farm of the Harvest Policy Contention 2 it through Sunday September 23. There will be several bands playing at Terrapin Hill Including Mert Saunders, Goose Creek Symphony, The North Mississippi Alistars and many other national and local bands. Tickets are on sale now. they and local bands.

Tickets are on sale now, they cost \$45 for the whole weekend (includes free camping) and \$30 for

fine music & spirits Featuring Larry Redmon Thursday, Friday and Saturday nights 859_252_5802 NOW 269 West Main Street, Lexinaton Ky 40507 **OPEN**



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Weekly Events Open MIC night Mon Thur Local Songwriter Night Fri Bliss on Tap/ Jazz Trio Live Music in Sept Sat

Poetry Palooza Graduate School Dissertations

Major Professor: Dr. David Berry Date: September 25, 2001 Time: 11 a.m. - 2 p.m. Place: 206A Kastle Hall

Name: Antrea G. Bloust

Name: Antrea G. Bloust

Dissertation Title: Psychology 1

Dissertation Title: Psychology 1

White Salam and Gay Men

Major Professor: E. Kattheen Chard

Dr. Pam Remer

Date: September 22, 2001

Time: 10 a.m. - 12 p.m.

Flace: L22 Fafor Education Building

ofessor: Dr. John Mai Date: September 2 Time: 2 p.m. Place: 220K CRMS

rtation Title: Exeluations
Evaluations
or Professor: Dr. Melody Carswell
Date: October 16, 2001
Time: 2 p.m.
Place: 206 Kastle Hall

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Schuers visit ignites fans' spirits



By Andrea Uhde

"Hopefully we can offer UK students a little change from what they hear about local mu-sic," Kevin Schuer, vocalist and guitar player for the Schuers,

guitar player for assaid.

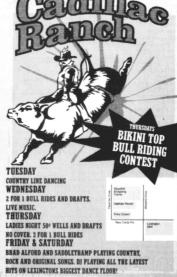
On Friday, the Schuers, a seven-man band from Lexington, will be set up from 8 p.m to minight on the corner of Euclid and Martin Luther King Boulevard for the UK pep rally

that's being held by Student Government and the Student Activities Board. The band plans to test out their new material at the rally.

Schuer, an original member of the band along with his brother, describes the band's music as "acoustic pop/rock, like Counting Crows or Train." "If our music were to be played on the radio, it would be considered pop music," he said, carefully noting that in this case the music is not pop in a

The Schuers come home

The Schuers will bring their thr man acoustic tunes to Lexingto Friday Sept. 21 at the corner of Euclid and Martin Luther King



6 P.M. - 1 A.M.

TUESDAY-SATURDAYS 2320 PALUMBO DRIVE 335-8800



But no coolers?

6 | THURSDAY, SEPTEMBER 20, 2001 | KENTUCKY KERNEL

Editorial Board

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Amanda Thompson, senior staff writer Tim Staley, senior staff writer Jennifer Kasten, at-large member Josh Sullivan, at-large member

Winston Cup names race after Ripken

DOVER, Del. — Retiring baseball star Cal Ripken Jr. will be the grand marshal Sunday for a NASCAR Winston Cup race renamed in his honor, Dover Downs International Speedway officials said Tuesday. The Baltimore Orioles'

The Battmore Orioles' third baseman, scheduled to play for the last time Oct. 6, will meet the drivers, take a lap before the start of the race and then wave the green flag to start the MBNA Cal Ripiken Jur. 400. The event at The Monster Mile will be run under a security plan designed with the help of the FBI and local police authorities in

police authorities in the wake of the terrorist attacks of the terrorist attacks of the track said. We seem the track said. We seem the further enhanced for the race, expected to draw a seliout crowd of MA,000, For the first time in MSCAR should be allowed to bring coolers into the grandstands or even leave them at the gate. Downs spokesman John Dunlap. "But there are some things fans should be aware of." It is, all power to the proposed proposed to the same them are some things fans should be aware of." It is, all power to the proposed proposed propo

be cut 25 to 30

So that's why the price of stamps went up again ...

Kv. Mailman admits fraud

LOUISVILLE — A former postal clerk pleaded guilty on Tuesday to embezzling nearly \$500,000 from Louisville's main post office.

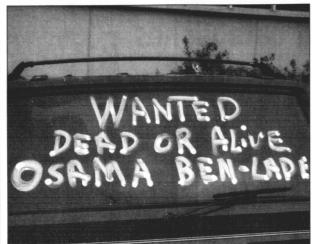
post office. Charles N. Norris, 59, admitted that betwee June 1, 1997, and Apri 18, 2001, he stole 10, 2UU1, he stole approximately \$493,000 from the United State Postal Service while employed as a window clerk at the post office, according to a statement from U.S. Attorney

office, security of the control of t

seen or heard from since he called his wife Debbie on June 26, according to an affidavit filed in court earlier by U.S. Postal

inspector Robin Shipman. ris had left a note that said he had been gambling at the riverboat casinos on a regular basis, the affidavit said.

The affidavit alleged that Norris couldn't account for \$493,170.89 in cash and stamps, and that he had given incorrec sales totals to



IN OUR OPINION

Give us a reason

know why.

know why.

The board has been making vague projections for several years now, claiming that tuition increases will "attract better faculty and students" and aid us in our ever-persistent quest to emulate our benchmark institutions. And while it's true that increased funds for UK could indeed improve its overall quality — think of endowed chairs, better laboratory space, increased funding for the arts, nicer buildings, etc. — UK shouldn't fall into the deadly trap of thinking expensive quals good.

Many of our so-called benchmark institutions do have higher tuition than we do. But then again, many don't. The University of North Carolina at Chapel Hill is around \$500 per year cheaper, and its abundance of nationally-ranked and renowned programs certainly doesn't lead us to think its overall quality is suffering because of that ignominiously low rate. And the University of Louisville still charges more than UK does for their rather meager higher-education offerings.

As for attracting better students, well, no one really chooses to come to a school for the expense — many of us chose UK because it's cheap. If we raise our tuition to the level of our benchmarks, we run the risk of losing the top students whom we try so desperately to attract to those very benchmark schools.

Most of these academic superstars are on full or very generous scholarships that cover "all academic expenses," which means raising tuition would only increase the amount of money UK would have to pay itself to get these students to come.

Yes, it's only \$105 more than we're currently paying, but there will be a \$96 increase for the 2002-03 academic year. And remember when tuition was raised just two years ago?

These exemingly small amounts really start to add un much like the seeming. The board has been making vague projections for several years now, claiming

these in the 2002's academic year. This trincher when which was reased just two years ago?

These seemingly small amounts really start to add up, much like the seemingly annual postage rate increase. Given the number of UK students who go to school part-time and/or work their way through college, what may seem like a paltry amount to UK administrators may effectively block someone from receiv-

Inig a college degree.

So UK: show us why. You say you're going to build new buildings? Why can't the capital campaign cover that? Will you expand course offerings, raise professors' salaries, endow more chairs, create new departments, fix up the dorms? The opacity of the administration (current and previous) regarding how our hard-

one final note: SGA President Tim Robinson was the only member of the Board to vote against the tuition increase. Kudos to him for representing our interests.

Thoughts from a memorial service



This little light of ours

udents gather outside William T. Young Llbrary for a candlelight jil honoring the victims of the Sept. 11 terrorist attacks on Amer



There

will be sadness and mourning in the weeks

that follow, but

there will be so much

more."

afternoon outs stood there and nd faculty wat of the flag, liste is speech and

act.

Id mourning in the we
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READERS' FORUM

Revenge not necessarily a bad thing

I am writing in response to Tuesday's editorial Why do we pray if we don't intend to listen?' by Nathan Novotny. In his article, he deems any forceful retaliation by the United States as revenge rather than self-defense.

Revenge is defined as the act of taking vengeance for injuries or wrongs, retaliation. This is indeed quite different from self-defense, in that self-defense is more of a technique for preventing injuries or wrongs.

E-mail

Send us your letters and comments by e-mail, Hey, we love the net and we know you do too. So send your thoughts to dialogue@kykernel.com.

Revenge, however, can be an act of self-defense. Our whole system of justice is based on revenge. When someone gets arrested for a serious crime, they go to jail. The act of imprisoning someone after a crime is committed can only be seen as revenge. Perhaps this isn't justice in its greatest form, but it is a preventive measure as it helps to prevent future crimes from being committed, and in essence is self-defense.

So, lagrace that while any future retaliation by the

is self-defense.
So, I agree that while any future retaliation by the United States will be revenge, retaliation and revenge

are synonyms.

If the United States retaliates, it is carried out not only because of anger, but as a means to prevent fu-

ture terrorist crimes from being committed against us.

This is much the same reason we incarcerate criminals, or scold our children.

This retaliation is just as much self-defense as it is retribution. There will never be true justice here on Earth, but in a world as real as we saw last Tuesday, we cannot simply turn the other cheek.

We have to set aside our idealistic hopes of peace and see Tuesday's tragic events for what they really were: acts of war that, with patience and due time, must be avenged.

CONTACT US

Length & style

Letters to the editor are to address previously printed editorials and columns. They should be approximately 250 words long. Guest opinions should start new dialoque and not address other editorials or columns. Guest opinions should be no longer than 700 words.

Include this info

Include your name and major classification for publication.

We cannot print any material without verbal confirmation of the material.

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crossword puzzle

Gage's move defends UK's aspirations

SACRIFICE

The UK women's soccer team has rushed to a 5-0 record, but the Cats only recently began to dominate opponents when the school's second all-time leading scorer moved to defense.

UK coach Warren Lipka moved senior Annie Gage, UK's all-time leader in assists and third all-time in goals, from the heart of the UK alignment to defense prior to a two-game trip to Michigan. Since then, UK has outscored opponents 12-1 in three games.

outscored opponents 12-1 in three games. "Annie is the type of player you can put anywhere on the field." Lip-ka said. "We needed her and she is willing to do anything to play and anything to help the team." Lipka moved sophomore Jen Wilkimson to midfield from defense, where he said she is better suited. We have the said she is better suited. Said with the said she had the said she had a said she had a said she had a said she had a said she better said she is what makes the Cats so dangerous.

Lipka moved sophomore Jen Wilkinson to midfield from defense, where he said she is better suited. Tage said each individual's versatility is what makes the Cats so dangerous.

"We've probably got 20 girls out



Staff Pigskin predictions for Sept. 20-22 PREDICTION Travis Hubbard

Kernel's krystal ball:



Miss. State 17, USC 10 Florida 65, UK 17 Alabama 27, Arkansas 17 Syracuse 23, Auburn 20 Illinois 44, Louisville 30

Steve Jones



PREDICTION



PREDICTION



PREDICTION

USC 34, Miss. State 31 Florida 55, UK 17 Alabama 38, Arkansas 14 Syracuse 24, Auburn 20 Illinois 40, Louisville 31 Ohio State 28, UCLA 20 Clemson 27, Virginia 24



PREDICTION

Chris Ro



PREDICTION

SERVE IT UP

UK volleyball squad hosts Razorbacks

Getting back into it: UK and Arkansas will meet Friday after long layoffs due to cancellations

By Melanie Curtsinger

The UK volleyball team will return from its 13-day absence from the court as they host the Arkansas Razorbacks Friday in Memorial Coliseum. The match opens SEC play for both teams.

Arkansas (1-5, 0-0 SEC) returns to Lexington to face UK this year af-ter beating the Cats (4-3, 0-0 SEC) 3-0

last vear in Favetteville

last year in Fayetteville.

The Hogs return two all-SEC selections from their 2000 squad, junior Libby Windell and senior Eftila

Tanellari, Tanellari, an outside hitter, is continuing her strong playtis season, leading her team with
3.09 kills a game.

Despite their strong play, Arkansas has struggled early on, managing to defeat only Murray
State this year. Coming off an equal-

ly long break as UK, the Hogs were last defeated by Houston on Sept. 8.

Arkansas, who is 1:2 in Memorial Coliseum and 5-4 all-time vs. the Cats, will face a surging UK team.

Sophomore Sissy Canfield has started all seven games this year for the Cats, and leads the team with a 325 hitting percentage. Four Cats have combined to earn 10 double-doubles this year, with freshman Sarah Spinner tallying four to lead the squad. Seniors April Barnhorst, Whitney Sample, and junior Kristen Batt have all had two to boost UK.

Sample, who tallied 192 assists

Sample, who tallied 192 assists in the season-opening Southern

Methodist University Invitational, now has 2,373 assists, lifting her past Terri Crab as UK's fifth all-time as-

Head coach Jona Braden also

Head coach Jona Braden also has received her own accolades this year. Braden notched her 200th career victory on Sept. 1 vs. Weber State. Currently, she is 202-168 in 11 years as a head coach.

Prior to the Arkansas game, UK was set to play Louisville on Sept. 11. Due to the tragedy in NYC, the game was canceled and is set for Wednesday, Nov. 21. UK was also set to host The Kentucky Conference Challenge, but it was also canceled.

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