

KENTUCKY KERNEL

CELEBRATING 35 YEARS OF INDEPENDENCE

UK professor named to state psych review board

By Shannon Mason
smason@kykernel.com

A UK professor was recently appointed to the Kentucky Board of Examiners of Psychology by Gov. Ernie Fletcher.

William Elder, an associate professor in the department of family and community medicine in UK's College of Medicine, was appointed to the board in September and will serve until 2010.

Elder said the board meets monthly in Frankfort and hears complaints from the public.

"Some people write in just to say, 'My psychologist did this. Is it right or wrong?'" Elder said. "Others call for testimony and we decide whether to hear it."

The board verifies that psychologists are qualified and follow laws that govern the practice.

Board hopefuls can nominate themselves or be nominated by peers for consideration, Elder said. Members of the profession vote to select a smaller group out of the nominations and then that group is presented to a representative from the state's Cabinet of Health Services.

"They're actually looking for a balance in political affiliation," Elder said. "They ask what party you belong to and then investigate you to make sure you are of sound mind and character. Then they recommend you to the governor, and you're appointed."

The board consists of 10 members — nine professionals and one non-psychologist public representative.

Elder is not the only member affiliated with UK. Diane Sobel, a senior staff psychologist at UK's Counseling and Testing Center, is also on the board.

Elder said the UK community is one reason he is able to serve.

"I wouldn't be able to do it without the support of my boss and my colleagues," Elder said.

Elder said his new position was another way he can help the public.

"I see this as an example of one of the types of service UK staff and faculty can provide for the people of Kentucky," he said. "It's an example of many types of service people do that is supported by the University of Kentucky."

National search for research VP begins

By Juliann Vachon
news@kykernel.com

The search committee for the new vice president for research position is looking for "outstanding candidates" in a national search that is now under way.

The vice president for research will be the senior administrator responsible for the supervision and coordination of research and will play a key leadership role in pursuing UK's goal of becoming a Top-20 research institution. Provost Kumble Subbaswamy said in an e-mail to all faculty and staff yesterday.

Research is one of the primary missions of UK, Subbaswamy said.

UK spokesperson Jay Blanton said that while people sometimes get the impression that research is isolated from other areas of the university, it is "inextricably linked" to points of interest outlined in the Top-20 business plan and the strategic plan, including teaching, undergraduate and graduate learning, and public engagement.

The university has been moving toward a system where the entire academic model reports to the provost, and this position will have a direct line of communication with Subbaswamy, Blanton said.

"I think that you find that a lot of institutions, particularly the ones that we are modeling ourselves after, report their research efforts directly to the provost," Blanton said.

Blanton said the search committee, led by chemical engineering Professor Kim Anderson and rheumatology Professor Leslie Crofford, will be responsible for finding a candidate qualified to meet the standards listed in the job description.

"Provost Subbaswamy is someone who moves quickly," Blanton said. "This is a very important position, and he has indicated to the search committee the importance of moving fast to find the best person possible for the job."

COLD METAL WARMS THE HEART



DARIUSH SHAFIA | STAFF

Jeff Barbee, left, a music performance and music education junior; Matt Proffitt, a music education junior; Craig Potter, a music education senior; and Brendon Marsh, a vocal performance senior, played Christmas carols on the corner of Rose Street and Euclid Avenue yesterday morning. "It's our tradition," said Potter, who, along with Marsh, has played carols around campus for the past four years.

Four members of UK's Tuba-Euphonium Ensemble took to the street yesterday morning to spread Christmas cheer to passers-by. Members of the ensemble have made a tradition of playing carols around campus during the holiday season.

Journalism profs book gets national attention

By Britney Jennings
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After four years of work, journalism Professor Richard Labanski released a book earlier this year that led to a phone call from Ed McMahon last week.

The book has garnered national attention that has included McMahon's radio show and Esquire Magazine, which called Labanski's work the "Big Important Book of the Year."

"James Madison and the Struggle for the Bill of Rights," published in July 2006, chronicles the efforts of James Madison to get the Bill of Rights written and added to the Constitution.

Madison was more of a quiet, behind the scenes politician, not as outspoken as his counterparts, Labanski wrote. Madison thought it necessary to add individual rights to the Constitution because the American people wanted them. Madison struggled to overcome his opponent, Patrick Henry, on the issue and eventually won the debate — but it was no easy task.

"We, in this country, take the First

Amendment for granted," said Mike Farrell, journalism professor and director of UK's First Amendment Center. "It has always been there and always will be there. This book makes it clear that Patrick Henry and others came very close to undoing our whole constitutional system."

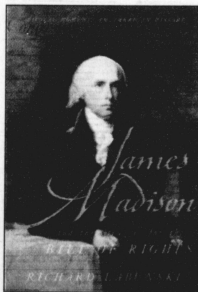
Labanski said even though his book has been on store shelves for four months, it still monopolizes much of his schedule.

"The success of the book has required a substantial time commitment in promoting it," he said. "But it is well worth it."

"With Labanski's book we now have a very readable and reliable narrative of how Madison gave birth to the Bill of Rights," said Gordon Wood, a professor at Brown University who wrote the review for The New York Review of Books. Labanski publishes such review excerpts on his Web site.

Not only has it received positive feedback from critics and readers, but also from professors here at UK.

The book has also been reviewed by such publications as The New York



Times and The New York Review of Books.

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See Labanski on page 3

Photographer aims to reach students, subjects

By Brad Luke
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For photographer Wendy Ewald, reaching out to her subjects is just as important as taking their picture.

Ewald, who is best known in Kentucky for her photographic work in Letcher County, Ky., was the second guest lecturer this semester in the Robert C. May Photography Endowment Lecture Series on Friday. The series is sponsored by the UK Art Museum, where some of Ewald's work is on display.

Janie Welker, the curator of exhibits at the museum, said that in scheduling different guest lecturers, the university tries to find people who have varied styles and address different topics through their work.

Selecting Ewald wasn't a difficult decision for Welker.

"I thought it was interesting that she got her start in Kentucky," Welker said. "I found it very interesting the way she uses photography as a form of education."

In the 1970s, Ewald began working in Appalachia, specifically in

Letcher County, where she used photography as a means of education with grade-school-aged children.

"I thought a lot about kids and how we learn to see how our institutions teach us to see," Ewald said.

Ewald said that she sees the work she did in Letcher County as a collaborative effort. She wanted the children to take pictures of themselves and the world around them.

Ewald often takes portraits of young people and teaches them how to take their own photos as well. Her most recent work was a series of 16-by-10-foot portraits of children living in Margate, England as refugees.

The collection, titled "The Promised Land," is one example of how Ewald's work focuses not only on the subject she is photographing but on the interaction with that subject.

"The Promised Land" was a collaborative effort. Ewald would take a photo of the child's face and one of the back of his or her head, and then she would ask the child to take a picture of the things they brought with

See Exhibit on page 3

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UNDER NEW OWNERSHIP

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 9 - Do as much as you can over here in familiar territory. That'll give you more time for fun when you're over there.
Taurus (April 20-May 20) - Today is a 4 - The temptation to overspend is still very strong. If you must, only buy things that will greatly increase in value.
Gemini (May 21-June 21) - Today is an 8 - You're up against tough competition but that shouldn't bother you much. Put your heart into your presentation, and you'll change

their opinions.

Cancer (June 22-July 22) - Today is a 5 - Look at your list of "to-dos" again, objectively. Could somebody else do some of them? Scratch off, delegate or hire.
Leo (July 23-Aug. 22) - Today is a 9 - Your public and private personas are quite different, usually. Just assume the spotlight is always on you, 'cause it is.
Virgo (Aug. 23-Sept. 22) - Today is a 5 - You're in a time crunch as you race around, trying to get everything done. Luckily, you're good at this. Have fun.
Libra (Sept. 23-Oct. 22) - Today is a 9 - Before you go racing off to buy new, check what you have on hand. You can save yourself both time and money and quite a bit of frustration.
Scorpio (Oct. 23-Nov. 21) - Today is a 4 - You'll be buying and selling rapidly. If you want to make a huge profit, the possibility is there. Be decisive and move quickly.
Sagittarius (Nov. 22-Dec. 21) -

Today is an 8 - You're in for some tough criticism. Luckily, you're in a good mood. Listen respectfully, and use the parts that will actually work.
Capricorn (Dec. 22-Jan. 19) - Today is a 4 - As you get further into this project, you'll find all is not as you expected. Of course, now that you know that, you can have fewer expectations.
Aquarius (Jan. 20-Feb. 18) - Today is a 4 - Tempers have cooled in some ways, and the climate has warmed up in others. Nobody's changed their minds, but everybody's laughing.
Pisces (Feb. 19-March 20) - Today is a 5 - Don't do a private project on company time. Nothing but grief will result, for you and everybody's laughing.

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Why Pam and Kid Rock split

Following 121 days together, Anderson and Rock file for divorce after verbal abuse — and Borat — came between them

THE DISH

Even though their honeymoon has been over for nearly four months, Pamela Anderson and Kid Rock still seemed like newlyweds as they shared a leisurely, hourlong breakfast at their regular hangout, Coogie's Beach Cafe Malibu, in California November 20. Rock, 35, leaned back in his chair and laughed as his wife, 39, playfully told him to be careful. "When they got up to leave, Kid Rock grabbed Pam's butt and she giggled," says an observer. "They seemed really happy."

But as with all things Kid and Pam, unpredictable behavior is the norm. Only a week after their animated PDA, four days after spending Thanksgiving together at Anderson's house in Malibu, and one day after attending a San Diego Chargers game in tandem, both filed for divorce within minutes of each other November 27, citing "irreconcilable differences." (Anderson listed her date of separation as November 21; Rock as November 26.) A posting on Anderson's official Web site read simply: "Divorce: Yes it's true."

Those close to the two—who had a sporadic five-year romance, finally tying the knot in St-Tropez, France, July 29, and then two more times in Beverly Hills and Nashville—weren't entirely surprised that they called it quits after just 121 days of marriage.

"She was married to a rock star, so what can you expect?" says Heatherette's Traver Rains

(who designed Anderson's crystal-studded wedding dress). And some are actually overjoyed by the news, notably Anderson's ex-husband, Tommy Lee, 44, with whom she has two sons (Dylan, 8, and Brandon, 10). "Tommy is completely thrilled that Pam's marriage is over," a source close to Lee tells Us. "He never thought Kid was good enough for her and knew the union wouldn't last." (Lee's rep had no comment.)

Why didn't it last? Though Anderson's friends say the marriage was plagued with problems, the most devastating blow may have been Anderson's November 9 announcement that she had suffered a miscarriage while filming the movie *Blonde and Blonder* in Vancouver. After that, says a source close to the actress, "she saw no reason to hold on anymore."

Still, Anderson is staying mum. "I can't control what people are going to say, but my No. 1 concern is that our kids are protected and none of what happened has any impact on them," she tells Us exclusively. (Rock's rep had no comment.)

Jealousy issues

Tension between the two had been brewing for a while. A source close to the actress tells Us that "the beginning of the end" came in late October at a private screening of Borat: Cultural Learnings of America for Make Benefit Glorious Nation of Kazakhstan (in which Anderson

stars as herself) at Universal Studios President/CEO Ron Meyer's house. According to the pal, Rock grabbed Anderson and stormed out of the screening room after he saw the scene (spoiler alert!) where Borat finally watches Anderson's infamous sex tape with Lee and realizes that his dream girl isn't a "virgin."

"Kid stood outside screaming at Pam, calling her the worst words - slut, whore, you name it," says the source. "It was horrible, and she was just so hurt by it." A source close to Rock confirms the incident, saying, "Yes, he was angry. He thought it was cheap that she put something like that out there. He didn't see the humor."

It wasn't the first jealous outburst. During the first week of November, while Anderson was filming in Vancouver, Lee was due in town for the Gemini Awards and was scheduled to stay at her hotel.

"When Kid heard, he flipped out," says an Anderson insider. "He said he was going to fly to Vancouver when Tommy would be there."

Instead of Lee making the trip out, Anderson joined him in Malibu November 4 to check out son Dylan's soccer game. Rock came to the game as well, but he wasn't exactly in good cheer. "It was clear there were problems," says an observer. "He said hi to Tommy but they didn't associate much. Kid was standing on his own."

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Best of '06: TV on Radio takes top honor

By Michael Powell
features@kyarm.com

TV on the Radio "Return to Cookie Mountain"

"Return to Cookie Mountain" is unabashedly baffling. So baffling that the group doesn't fit into a particular category.

TV on the Radio's sophomore full length has been described as everything from hip-hop, to psychedelic, to shoegazing (a Britrock movement from the late '80s and early '90s that emphasized noisy, wall-of-sound

guitars), to some form of post-rock. I've even heard someone call the group the world's first black noise band.

So how does one categorize an album this transcendent? A truly great work cannot be put into a box.

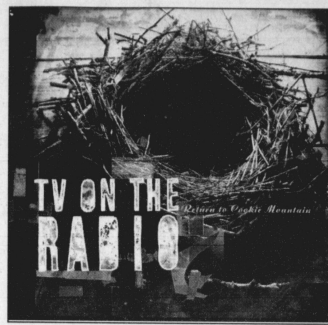
"Return to Cookie Mountain" is essentially a pop record, albeit a very demented form of it. Each song travels mid-tempo, with squelching walls of noisy, droning guitar over layers of percussion, and the sound of three vocalists. The three, lead by Tunde Adebimpe, have the sound range from H.R. (of Bad Brains)

to Mark E. Smith (of the Fall) to doo-wop to something entirely different. Oh, and lest we forget that "Province" features David Bowie very subtly in the background.

Though hypnotic and cohesive, TV on the Radio has an amazing range. Songs like "Wolf Like Me" and "Blues From Down Here" let the complex, repetitive textures take a backseat to the syncopated, vocal interplay between Kyp Malone's tenor and Tunde's call to arms. "Wash Away" is a flushed around, intensifying single string drone that builds to an analog

monstrosity, and "I was a Lover" brings the acid rock with mighty force. Every song in between consistently melts the brain.

Like Radiohead's "OK Computer" and Talking Heads' "Remain in Light" before it, "Return to Cookie Mountain" is the type of record that raises the bar for everyone, musically and culturally. People will be scratching their heads about this one for years to come. If aliens do make contact with Earth, it will be to come and return TV on the Radio back to outer space. If this album is any indication, it's probably where they want to set up shop anyway.



Six Organs of Admittance "The Sun Awakens"

Like the eccentric John Fahey in the '60s and '70s, Ben Chasney (a.k.a. Six Organs of Admittance) specializes in the marriage of world music with electric psychedelic folk.

His latest East-meets-West full-length album sees Six Organs focusing while still maintaining the free-flowing drones that were a watermark on his earlier LPs. The instrumental "Attar" summons a full attack of Japanese and Brazilian psychedelia (a la Os Mutantes), while "Bless Your Blood" is a graceful, crescendo-reaching, pulsating epic that is equal parts Tyrannosaurus Rex (his psych, pre-T Rex moniker) and Mogwai circa "Rock Action." Mix these elements with tribal-style percussion, and "The Sun Awakens" becomes a primordial psychedelic behemoth.



Heartless Bastards "All This Time"

When you first hear Erika Wennerstrom's vocals for the first time, it's cathartic. Somewhere in between a weathered blues woman, P.J. Harvey, and something altogether theatric, Cincinnati's Heartless Bastards make other garage-rock-influenced collectives sound utterly lackluster.

Despite being on a blues label (Fat Possum), Heartless Bastards are not really blues, and "All This Time" weaves through the American music experience subtly but substantially. Their huge, warm guitar interplay is anything but minimal, coming off more like Built to Spill than fellow Ohioans the Black Keys. The song "I Swallowed a Dragonfly," which has a concurrence of strings next to gritty, fuzzy melodies, is nothing less than urgent and majestic, "Valley of Debris" and "No Pointing Arrows," however, really showcase the aching, booming quality of Wennerstrom's vocals.

Heartless Bastards are a beautiful, juxtaposed concoction of the soaring and the sludgy, all while keeping the pace driving and sweeping.

Mr. Lif "Mo' Mega"

Boston's Mr. Lif, a.k.a. Jeffrey Hayes, conjures up the potent political hip-hop of days gone by, specifically channeling KRS-One and Boogie Down Productions. As part of the Definitive Jux collective (along with El-P, who turns the knobs on Lif's latest), Mr. Lif has a similar, laid-back yet unpredictable delivery that defines the underground label's mission. However, artist Lif remains the most acerbic in his prose, targeting everyone from the FCC chairman to McDonald's, all while laying the throat work over traditional beats and frantic samples.

Mr. Lif is the type of indie hip-hop artist who is bizarre enough to keep it interesting yet subdued enough to not offend even the most strident of hip-hop purists.



Neko Case

"Fox Confessor Brings the Flood"

Neko Case is probably the most incredible woman alive. This is a provable fact. She certainly does not disappoint with her latest release, a spacious, evocative alternative-country record that induces images of desolation and country-and-western ambience.

Despite her upbringing in Vancouver, Canada, Case never lost her Virginia twang, keeping in tow with her tender, power gospel pipes. Like 2002's Blacklisted, Case surrounds her gorgeous canticles with washes of reverb, creating an incredibly haunting atmosphere that appears somewhere between the Lee Hazlewood and Nancy Sinatra collaborations and the moodiness of Hope Sandoval.

Although it may make you tired, don't fall asleep on the touches of jazz found in the title track, "Fox Confessor Brings the Flood." Another song, "Lion's Jaws," is a slightly new direction from Case's fabled odes to broken bottles and dusty roads. This release is thick, often spooky, with roots of Americana that no one can touch. I love this woman.

LABUNSKI

Continued from page 1

"It is an extremely well-written and researched book, and a fascinating story," Farrell said. "It's amazing that 215 years after the ratification of the Bill of Rights, one of the two or three most important documents in our history, that someone finally has written the full story of how James Madison fought to protect our most basic rights in the Constitution."

Labunski has been teaching First Amendment law for 25 years at Pennsylvania State University, the University of Washington and UK. He decided to write the book because after teaching this subject for so long, he wondered about the inner workings behind the creation of the First Amendment. The more he researched, the more interested he became.

He said he wanted to paint a picture for the readers, which required an immense amount of research.

"The story comes alive in this book," Labunski said. "It is not just what people said or did. It's about how they looked, how they traveled, what New York City looked like when members of the First Con-

gress arrived there in the spring of 1789."

The book required so much work that Labunski took a sabbatical in the spring of 2006 — each faculty member is allowed one every six years — to put the finishing on the work.

Labunski has written four other books. This release was part of the publishing series, "Pivotal Moments in American History," printed by Oxford Press.

"People who have read the book have said they are surprised that such a great story has not been told before," he said. "One blogger said it should be made into a movie."

Labunski has a new book in the works, also about the founding period.

"It is just in its earliest stages," he said. "But I can say that the book that it discusses the most important individuals and events of the founding period."

But as for "James Madison and the Struggle for the Bill of Rights," Labunski described his experience as fun, exciting, and interesting.

"This book tells the story of how this shy man with a quiet voice overcame one obstacle after another to give us the Bill of Rights," he said.

EXHIBIT

Continued from page 1

them to England that are most important to them. Ewald used the images as a starting point for interviewing the children about their experiences as refugees.

"Even when she's taking a portrait, she still wants them involved in making decisions on how they will be portrayed," Welker said of Ewald's ability to connect with the subjects of her photographs.

Students who attended the lecture on Friday received a preview of the work that went on exhibit at the UK Art Museum on Nov. 17. The exhibit will run through Jan. 7, 2006.

"I really liked the concept of looking at refugees and how she was able to not only interact with them, but how she was able to use their photographs to gain awareness of their situation," said Adam Johnson, a journalism senior, of the work Ewald did in Margate.

Samples of the work Ewald is best known for will also be on display in the UK Art Museum.

Kristen Sullivan, a journalism junior, enjoyed the distinctive perspective from the children's photographs.

"I really liked the idea of looking at the world through a kid's eyes," Sullivan said.

The common relationship between Ewald and the children she worked with was something that would appeal to UK students, Welker said.

"I don't see her as an adult looking down at children, but instead she sees them as equals," Welker said. "She learns from them just as much as she teaches them."

Sharpen Up.

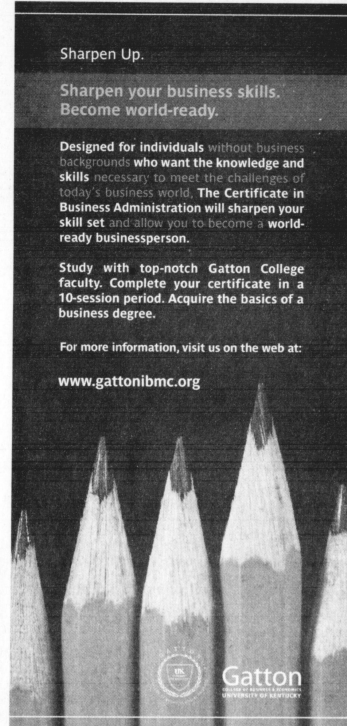
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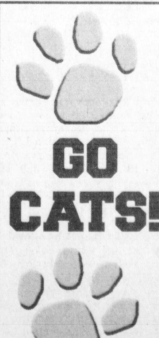


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OPINIONS

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The Opinions page provides a forum for the exchange of ideas. Unlike news stories, the Kernel's unsigned editorials represent the views of a majority of the editorial board. Letters to the editor, columns, cartoons and other features on the Opinions page reflect the views of their authors and not necessarily those of The Kernel.

Tuition cap is not an excuse for lower state funding for UK

UK students won't be seeing a double-digit tuition increase next school year.

On Nov. 27, the executive committee of Kentucky's Council on Postsecondary Education voted to limit UK to a 9 percent or less tuition increase for the 2007-08 school year, the Kernel reported last week.

The cap should be a cause of joy for students and university administrators alike.

The lower the tuition increase, the better for the people paying the bill, whether it's students themselves or their parents.

And tuition at UK has been especially burdensome over the past four years, all of which saw increases of 12 percent or more. That means students in their fifth year here have seen tuition go up more than 57 percent since when they started.

Those who have been dreading a similar hike now have some relief. Students and families budgeting for next year can know the most they'll need in order to be able to keep up with the increase.

The same goes for the UK administrators who are budgeting for next year. The Kentucky General Assembly set the funding for the 2007-08 school year during the last legislative session, meaning that there are few variables left in the budget process.

Indeed, the cap has helped expedite fiscal planning for next school year, UK spokesman Jay Blanton said in the Kernel article.

"Now that we know these parameters, the budget process is underway," Blanton said.

The exact tuition increase has not been decided yet, but will be announced early in 2007, he said.

"It's too early to tell," Blanton said. "There will be an increase. It's a fact of life."

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The tuition cap for next year is an unequivocally good decision on the part of the Council on Postsecondary Education. It holds the university to its word on keeping increases low, and it ensures that student finances won't be imperiled by an unreasonable tuition hike.

But it is too early to clamor for the council to extend the cap to future school years.

Last year, the General Assembly emerged with a welcome surprise: full funding for UK's Top 20 Business Plan in the 2007-08 school year. The increase in state funds translated into less money that had to come from students' pockets.

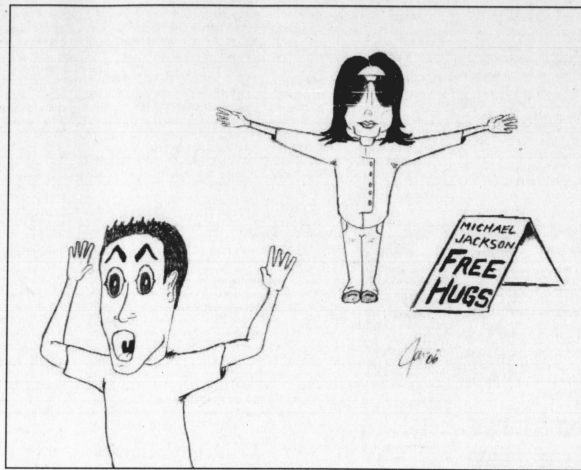
There is no guarantee, however, that future legislative sessions will be as generous to the university. In fact, if past experience is any guide, the full funding for next school year is an anomaly.

If tuition is capped in future years but state funding is low, UK will have two unpleasant options.

One would be to wait for an uncapped year and then hit students with a dramatic increase of 15 to 20 percent. In other words, make students five years down the road subsidize current students.

The other would be to respond to the cap with budget cuts, perhaps with fewer new faculty hires. That would mean lower-quality education for UK dents, with larger class sizes and fewer faculty at the top of their field attracted to the university by the potential of high pay.

Neither of those would benefit students. That means that the potential of tuition caps is no reason for students to become complacent about pushing for higher state funding for UK.



JON LARKIN, Kernel cartoonist

Stop sitting around! Get out and advocate for a better world

So you want to save the world. Wow what?

A favorite professor of mine told my class recently that in her discipline, she is often told that her job is to explain why things happen in the world, not to solve the problems she discovers. As her career has progressed, however, she began to feel that explaining various social inequalities is not enough.



TARA BONISTALL
Kernel columnist

She believes that those in her field can and should "advocate" to the end of their job titles. She makes a good point — should we all follow her advice?

I doubt that anyone would dispute that there are tremendous amounts of injustice and inequality in our society today. Regardless of your political beliefs, there is bound to be some social issue that moves you, be it poverty, lack of adequate health care, the need for education reforms, or something completely different.

Is it enough for us to go through our lives as accountants, doctors or lawyers and never acknowledge the blatant social problems in our society today? I don't think so.

I agree with my professor — we all do need to add "advocate" to our job titles.

Each of us has a moral and social obligation to not become complacent or do nothing to change problems that are easy to ignore.

So how do we advocate for change? On a governmental level, individuals can advocate by writing or calling legislators, writing letters to the editor or guest columns for newspapers, and even attending legislative sessions to voice opinions. Advocacy can be done by volunteering time, donating money or inspiring other people to care about the issue.

As busy as our lives are, it's not OK for us to ignore the social problems in our society. College students are sometimes negatively labeled as more idealistic than their burn-out, overly rational, older counterparts.

I agree with the label, but believe this is actually a positive characteristic young people are fortunate to have! I believe that the passion of younger individuals is often one of our best qualities and should be held onto for as long as possible.

I would argue that the most successful individuals in our society are those who have held onto their idealistic passions — those who acknowledge limits but also refuse to be bound by them.

During an internship experience, I was constantly frustrated by those who had been in the field longer than I had and were not interested in finding better ways to do things. These individuals were not concerned with change of any kind and were not inspired by the work they do.

Admittedly, I am very idealistic, even more so than most college students. Regardless, I truly believe that we do need committed individuals of all ages to step up and voice their discontent with society today. If those of us who still care won't fight, who will? At times, wanting to advocate for change can be frustrating, especially when it feels like you are running into brick walls no matter what way you turn.

In these situations, however, it is more crucial than ever that we do not lose our idealism early. Of course we will be affected by years of experience, or even years of frustration and resistance to change, but those individuals who believe in the power of change, no matter how old they are, are an incredibly powerful force — one that should never be discounted.

My professor was on the right track when she suggested that all individuals should advocate for something. There are so many problems in this world that can be fixed, or at least improved, if enough individuals decide to do something about it.

Yes, we are getting college educations so that we can get good jobs and provide for ourselves and our families, but we are also the privileged group in society that receives education, and because of this, we must both recognize and honor the chance we have to make a difference.

Tara Bonistall is a social work and psychology senior. E-mail opinions@kykernel.com.

Trans fat bans an unnecessary step

As people grow older, they gain the luxury of making certain choices, like what to wear, where to work and what to eat.

In Louisville, however, the latter of those day-to-day decisions might be taken away from citizens. A city councilman is now pushing for a ban on the use of trans fats in restaurants.

Banning trans fat is an obvious knee-jerk reaction in a state known for its obesity problem. However, making the decision of what to eat and what not to eat smacks of needless governmental meddling in the case.

It's not a disputed fact that trans fats are unhealthy and that when eaten in large amounts, they can contribute to cholesterol problems and associated cardiovascular and circulatory problems. What makes the ban unnecessary in this case is the fact that this is a known problem and consumers are

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making it known that trans fat isn't something they want in their food.

Reflecting consumers' distaste (no pun intended) for these unhealthy oils, restaurants are phasing them out and removing their presence from the menus. Taco Bell, KFC, Wendy's and more are either in the process of pulling trans fats from their kitchens or already have eliminated them.

When citizens are willing to influence the market for the better, government should take a step back and let good judgment rule the day. Taking action anyway is redundant and therefore a waste of time and effort that would be better spent dealing with other, more pressing issues.

LETTER TO THE EDITOR

Where was the love for Barnhart before?

It appears that Central Kentucky is now suffering from the biggest sudagen phenomenon since the sudden popularity of the Cincinnati Bengals in recent years.

Just one day after the UK football team accepted its first bowl invitation since the start of the 21st century, letters and opinions flooded into the Kernel supporting athletics director Mitch Barnhart and the job he has done in Lexington. One letter praised Barnhart for his dedication to improving smaller sports, and an editorial praised Barnhart's patience with the football program.

Now let's all just take a moment and applaud these oh-so-loyal UK fans for their efforts. Congratulations. You just officially hopped on the Mitch Barnhart bandwagon.

To me, it's pretty easy to love an athletics director when your football team makes its first postseason trip in seven years. It's pretty easy to love an athletics director when you're heading down to Nashville for Winter Break rather than sitting

at home. And it's pretty easy to love an athletics director when you finally have something to cheer about.

But where was this love before? You didn't give Barnhart deserved recognition after the women's basketball team played on ESPN last March in the Women's NCAA Tournament. You didn't give Barnhart credit after your baseball Cats hosted a regional tournament in May. But now, one day after UK is invited to the Music City Bowl, you think the man deserves some respect? Is that just a coincidence?

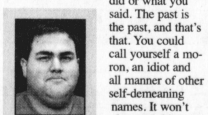
I can't wait to see the Barnhart bandwagon in March, when the UK men's basketball team has found itself in yet another 8/9 game in the NCAA Tournament. I can't wait to see how many people love the athletics director when the women's basketball team has a down year, or when the football team doesn't make a bowl game, or when the smaller sports aren't competing for championships.

I can't wait to read the Kernel then.

Matt Lindeman
journalism freshman

Though rare, you may find a second chance that changes your life

You screwed up big time. No matter how badly you wished you could, you can't take back what you did or what you said. The past is the past, and that's that. You could call yourself a moron, an idiot and all manner of other self-demeaning names. It won't change a thing.



DARIUSAH SHAFI
Guest columnist

Worse yet, you've gone and hurt someone you care about, and while you know you're not perfect, knowing that you've let that person down is like watching a piece of yourself die, because that person is a part of you, and you've gone and wounded them, hurt them.

You wish there was something you could do, and there is. All it's lost. There's still hope.

You don't have a time machine. You don't have special powers. It's not like hitting "undo" on the computer to fix the fact that you accidentally erased the term paper that will make or break your grade.

But it's close. There are few things as miraculous or as soul-soothing as a second chance.

Second chances are like rainbows. They don't come along every often, and they are awe-inspiring, wonderful and beautiful. The good second chances can change your day. The great ones can change your life. Big or small, they're all important.

A second chance is an open invitation to try to mend something, to rid yourself of the worst possible thing you could ever possess, a regret.

Regrets are the would-haves, the could-haves and the should-haves. They're like burn scars that never really seem to heal. They leave you numb, unable to feel emotions whether good or bad, and being numb is worse than feeling pain. Pain, at least, reminds you that you are alive. Being numb is worse than death. It's being alive, but for all intents and purposes, being without life. Welcome to limbo, nothingness.

But now there's a second chance, a chance to patch up that wound and dig it heal before the damage is done. Second chances are life's trump card. They're your shot to change the past by moving forward.

Second chances get their power from the fact that they don't just make you feel better; they don't just give you the chance to change your own future. They are good because they open up the possibility of better things for as many people as you can think of or have an impact on.

There's a risk involved. You could fail again, and then you'd be off even worse. Still, that shouldn't be a reason to give up. It won't be easy. Nothing worth doing ever is, and this is most definitely worth doing. This is a chance to make things better for those you care about, and for yourself. Make good use of the opportunity. Don't let it go to waste.

Second chances are opportunities. The only way you can take advantage of them is by being prepared and by being willing to try. This isn't a token attempt, putting forth the minimum amount of effort. You had your shot, and you blew it. You've got another. Don't screw it up.

Don't be fooled. Second chances can come around by pure happenstance, but they don't have to. It's just as likely they won't come to you, and they more than likely won't be easy to find. Don't let that deter you. The best second chances are the ones that you dig up, search out and make happen. Where it goes from there is up to you.

Remember that second chances are a gift. Make good use of it, and you can show someone that they really matter to you, that you care for that person — and that is perhaps the greatest gift you could ever give them, and the best apology they could ever receive.

Dariusah Shafa is a journalism and English senior. E-mail dshafa@kykernel.com.

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kernel doodle space
Go ahead. Draw something special.

ACROSS

- 1 Stroll
- 5 Defeat soundly
- 9 Medical plan chip-in
- 14 Shakespearean "shorty"
- 15 "The Texan" star
- 16 Legend automaker
- 17 Ump's call
- 19 Michael of "A Fish Called Wanda"
- 20 Layered ice cream desserts
- 21 Red-eye complaint
- 22 Icy forecast
- 23 Ballpoint brand
- 24 Part of a romantic evening
- 32 "That's show ___"
- 35 Jules's school
- 36 Sag
- 37 Responsibility
- 39 Wickenwork willow
- 41 Boot attachment
- 42 Improvise on stage
- 44 Start of a spell
- 46 Wild blue yonder
- 47 What mom might do as part of an ultimatum
- 50 "I'm impressed!"
- 51 Linguini, for one
- 55 Whirring mass
- 59 King's rule
- 62 Tottering
- 63 NCAA elite group
- 64 Rockefeller Plaza ntwk.
- 65 Weapons
- 66 Seriously recommend
- 67 Lauder of lipstick
- 68 Borscht vegetable
- 69 Not so much

DOWN

- 1 Singing fliers
- 2 Budapest-born conductor ___
- 3 Peter who played Mr. Moto

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4 Dived neatly (into)

5 Eins, zwei, ___

6 Cheer (for)

7 Coffee hour vessels

8 "See ya"

9 Massachusetts resort area

10 One ___ kids' ball game

11 Tug

12 Mel melody

13 Yin's opposite

18 Couric of "Today"

21 Skippy competitor

23 Buttocks

25 Sgt. or opl.

26 Absentee ticket holder

27 T.S. or George

28 Commuter lines on tracks: Abbr.

29 Pajama halves

30 "The Came Mutiny" author

31 Grand Ole

32 Old U.K. carrier

33 Prefix with China

34 South African tribesman

38 Do wrong

40 Karel Capek play

43 Vitamin needed for cell division

45 Part of a flower

48 ___ screen:

health care test for poisons,

drugs, etc.

49 Sharp scolding

52, 20 in the Gottsberg Address

53 Puffians

54 Actor Law

55 Wind indicator

56 Planets

57 Four-sided fig.

58 Henri's head

59 Swamp

60 "I'll treat!"

61 Condo's

62 Publications

63 Beatles adjective

kernel cross words

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Sorry for the misunderstanding

An admission, a prediction and an observation:

Admission: I was wrong. Or, at least, I didn't use the best words to say what I wanted to say.



CHRIS DELOTELL
Kernel columnist

In last Tuesday's column "whoop-de-doo" to describe a potential Cats trip to the Independence Bowl in Shreveport, La. A few loyal readers (no, not my mom and my grandma) took me to task in letters to the editor for being "negative" about the 7-5 team. That wasn't my intention, and if it came across that way, I did a poor job of expressing my thoughts.

What I meant was this: The football team had a good season. But that season could have been great if not for a few missed opportunities against South Carolina and Tennessee.

The Cats should be excited about the season they had. A winning record is nothing to be ashamed of. But they shouldn't be satisfied. That is part of what we do in sports, and another way in which sports is such an

effective mirror of how we should approach life.

Even when we do "good," we should want instead to be "great." It's like getting a B on a test. There's nothing wrong with a B. But don't we automatically think, "Could I have done a little more to get that A?" Shouldn't we think that?

So, give the football team a B. And be excited about it. But know that it could have been an A. And don't be satisfied.

But all that ugly Shreveport talk is moot now anyway, because the Cats have earned a dance in a better bowl game, the Music City Bowl, against a Clemson team that was at one time ranked in the top 10. It is a tough match-up for UK, but exactly the kind the Cats should want. UK will almost certainly be a touchdown underdog in the game, and the national perception will favor Clemson. So if UK wins, it would be a shocking victory. And if it loses, it was supposed to.

After a 7-1 start, Clemson lost three of four to end the season. And the Tigers play in the paper-thin Atlantic Coast Conference. Despite that, they are, as Rich Brooks said, talented and athletic. Clemson was part of the BCS discussion for most of the season and was good enough to beat Wake Forest and Georgia Tech, who played for the ACC title last weekend. And they have cool uniforms.

Prediction: UK and Clemson only have one common opponent. South Carolina won by seven in Lexington and by three at Clemson. The transitive property of math, then, makes it clear that Clemson will beat UK by 4. Take away one point because the Big Blue Mist will travel in full force to Nashville, Tigers 31, Cats 28.

Observation: After Sunday's women's basketball loss at Louisville, UK head coach Mickie DeMoss called the game a "typical Kentucky against Louisville battle." What DeMoss meant was that the game was hard-fought and physical. What she could have meant was that the typical ending of a Kentucky against Louisville battle in the past few years is with Louisville celebrating a victory.

For whatever reason — weaker conference opponents, fast-improving facilities — little brother has spent a lot of time on top recently. UK Athletics has made immense improvement recently in just about everything. From women's to Olympic sports to men's basketball and baseball to football, every sport (except men's basketball) is better today than it was four years ago. But for the department to gain a national (or even statewide) perception as elite, it has to start evening out — and winning — the in-state rivalry.

Tubby: We're very concerned

By Jonathan Smith
jsmith@kykernel.com

After starting the season 4-3, including a 75-63 setback to the now-No. 3 North Carolina on Tuesday, men's basketball head coach Tubby Smith said he is worried about the direction his team is heading going into tonight's game against Tennessee-Chattanooga.

"We've lost the last three out of four games, so we're very concerned," he said. "You do get a little edge. It's bad enough that you lose two in a row, but now we've lost three out of the last four. It's not the quality of our opponents, but it's the way we're losing."

But the quality of the Cats' opponents shouldn't go overlooked.

The Cats lost to now-No. 1 UCLA by seven points and to No. 16 Memphis in the Maui Invitational. Against the Bruins, the Cats had possession of the ball with just under a minute remaining with a chance to tie or take the lead.

Even against the tough early-season competition, those were games the Cats could have won, Smith said.

"We're just not executing like we should," he said. "Granted, we played some good opponents in UCLA, Memphis and North Carolina, but we've got to win those games. We have to find a way to win those games, and we have to find a way to take care of the basketball."

UK VS. TENNESSEE-CHATTANOOGA

Site: Freedom Hall, 7 p.m.
Series: UK leads 10-0

Television: BBSN

Coaches: UK, Tubby Smith (16th year overall, 369-136, 10th at UK 245-74)

UTC, John Shulman (3rd year overall, 43-27, same)

UTC (4-3)

Pos.	Player	Ht.	Wt.	Cl.	Pts.	Rb.
G	Keddrick Mayes	6-0	175	Sr.	14.4	2.4
G	Casey Long	6-2	195	Sr.	10.4	3.9*
G	Ricky Hood	6-4	205	Grad.	9.3	3.3
F	Nicolaus Doaks	6-7	235	So.	12.3	7.1
F	Khalil Hartwell	6-8	225	So.	3.4	3.6

*assists

UK (4-3)

Pos.	Player	Ht.	Wt.	Cl.	Pts.	Rb.
G	Ramel Bradley	6-2	176	Jr.	11.3	3.1*
G	Joe Crawford	6-5	211	Jr.	14.0	4.6
F	Bobby Perry	6-8	215	Sr.	6.9	3.4
F	Sheray Thomas	6-8	236	Sr.	1.8	2.7
C	Randolph Morris	6-11	259	Jr.	17.0	7.8

*assists

WHO TO WATCH

For UK: Derrick Jasper. While the program line still lists Sheray Thomas as a starter, Smith might switch to a smaller lineup and put Jasper into the starting point guard slot. This would slide Bradley, Crawford and Perry down a position. Jasper played 12 minutes against North Carolina and had four assists. If he does start, he gives the Cats a bigger body — he is 6-foot-6 — and he has shown to be a capable distributor and defender so far this season.

For UTC: Nicolaus Doaks. Smith said yesterday in his pregame news conference he didn't want to say Doaks' first name in fear of pronouncing it wrong. If Doaks puts up the same numbers against UK that he has all year, Smith will quickly figure out its pronunciation. Doaks is one of three double-figure scorers for the Mocs, who have already played one of UK's conference rivals, Florida, earlier this year. The Mocs won by 34 points in their most recent contest over Berea 97-63.

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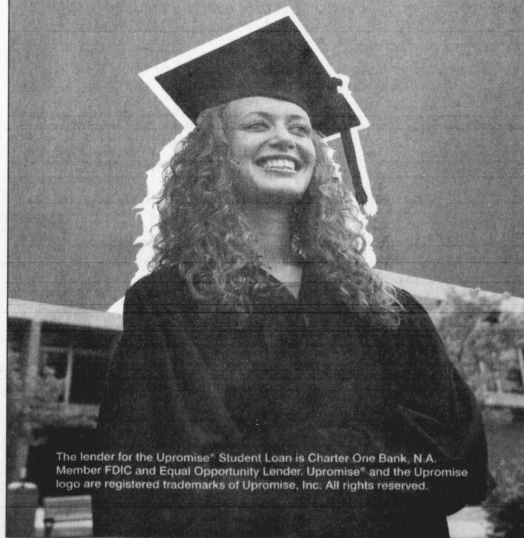
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