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Pharmacy students promote health

Kicking butt: College of Pharmacy has set up booths on campus to collect smoking cessation pledges

By **Mathew Towner**
CONTRIBUTING WRITER

When she was 13 years old, Lori-Belle Robertson tried to convince her grandfather to stop smoking.

Now, as a junior pharmacy major at UK, she is trying to do the same with all UK students as part of National Pharmacy Week.

The College of Pharmacy, in a joint effort with the Lexington/Fayette County Health Department, is asking smokers and non-smokers alike to sign a pledge to maintain a clean living

environment.

A booth with information on the effects of cigarette smoking and a sheet for pledges to sign was set up Tuesday night at the Underground Fitness Center. Another booth will be set up outside Starbucks at Commons Market Wednesday night.

Jeremy Hasford, a second year pharmacy student, said he hopes students left the booth with a new perspective.

"If they do continue smoking, hopefully they'll at least be courteous and

not do it around other people," he said.

Robertson, who is asthmatic, stressed the importance of smoking cessation not only for the smokers, but the people around them.

She draws from personal experience when discussing the problems caused by second-hand smoke.

"It is an extremely scary feeling to wonder if the next breath will be your last as you are gasping for air on your way to an emergency room," she said.

Jennifer Waymier, a second year pharmacy student, echoed Robertson's sentiments on second-hand

See **SMOKING** on 3



JOHN WAMPLER | KERNEL STAFF

Pharmacy student Lori-Belle Robertson displays documents next to a posterboard illustrating the harmful chemicals in cigarettes.

UK helps students quit smoking

By **Mathew Towner**
CONTRIBUTING WRITER

Signing a pledge to stop smoking is easy enough, but extinguishing the habit can be another story entirely. All smokers are different and the smoking cessation programs around campus reflect this diversity.

UK students wishing to kick their habit have a number of options available to them, according to Ruth Staten, associate professor in the College of Nursing. Staten works

See **INHALE** on 3

PERUSING PICTURES



BRAD WILDER | KERNEL STAFF

Shannon Cline takes a moment to view "An Exhibition of Persistence" in the Rassdall Gallery. The exhibit features 51 drawings and paintings by Robert Herdon, a UK alumnus. The gallery is located in the Student Center and is open Monday through Friday from 11 a.m. to 5 p.m. Most of the works are for sale, with prices ranging from \$95 to \$6,000.

Ky. higher education makes great strides

Policy: Despite improvement, full success will still take 10 to 20 years

ASSOCIATED PRESS

FRANKFORT — Kentucky has made remarkable strides since overhauling higher education five years ago, but future reform is far from certain, according to a report on the effort's anniversary.

And the ultimate outcome could depend on people who aren't even known yet — the next governor and the next president of the Council on Postsecondary Education, Gov. Paul Patton said Tuesday.

"While Kentucky is making progress, it will take a sustained commitment over a 10- to 20-year period to raise the standard of living for all Kentucky to levels at or above the national average," said the report prepared for the Prichard Committee for Academic Excellence, Kentucky's most influential citizens group on education issues.

The report was prepared by Aims McGuinness, a consultant with the National Center for Higher Education Management Systems and one of the ar-

chitects of the 1990 elementary and secondary education reforms as well as the 1997 higher education overhaul.

McGuinness noted that Kentucky's enrollment and retention rates are up for higher education, state investment has improved, more money has been attracted for research, adult education has improved and per capita income has increased.

"Kentucky's progress since the 1997 assessment has been nothing short of remarkable," McGuinness said.

Patton, who surprised many by adopting higher education reform in his inaugural address in 1995, said much work remains for the subject to stay on the public policy agenda.

"I fully realize that governors don't want to adopt the children of their predecessors," Patton told the Prichard Committee meeting.

With his term up in 2003, Patton said advocates for higher education should get the ear of this crop of gubernatorial candidates to emphasize the point.

"Education ought to be every administration's highest priority," Patton said.

Patton said the next president of the Council on Postsecondary Education must also repair relations with the General Assembly and garner the support of the often disparate group of university and college presidents to foster the larger goals of higher education over individual institutions.

McGuinness said presidents have an obligation to further their own institutions.

"However once a final decision is made, it is critical to the reform process that the CPE and the presidents stand together in a coherent, coordinated strategy throughout the legislative process," McGuinness said.

McGuinness said some people believe "they have a right — if not an obligation — to end run the system." But such a practice leads to "short-term gains but significant long-term losses for the institution and the system as a whole."

Patton said it is a delicate matter persuading presidents to fight for "a bigger apple" rather than just a bigger piece.

Education ought to be every administration's highest priority."

— GOV. PAUL PATTON

More students study abroad, reap benefits



JOHN WAMPLER | KERNEL STAFF

David Bettez, assistant director for the study abroad program, talks with Roozbeh Jahed, a foreign language and international economics senior who hopes to study in France next semester.

Opportunities: Growing interest in taking classes abroad attributed in part to culturally aware youth

By **Andrea Uhde**
NEWS EDITOR

During his extended stay in Osaka, Japan last year, Chris Schidle and his Japanese friends spent long nights in karaoke bars, where they would rent a room, order a few drinks and sing their hearts away.

"It was probably the most fun experience I've ever had," Schidle, a junior finance major, said. "On top of that, I learned more about things I was interested in, in a decent amount of time."

Schidle, who went to Japan through the UK Study Abroad program, spent his sophomore year studying the Japanese economy, perfecting his grasp on the country's language and having fun with his new friends.

Each year, students walk into a little room in Bradley Hall full of brochures and travel guides. David Bettez, a man on a mission to swoop students away from their homeland, greets them at the door with a smile and tempts them with options: architecture in Venice, agriculture in France, a technical school in Budapest.

This year, more students than usual are getting the itch for adventures like Schidle's, said Bettez, the assistant director for the Study Abroad and Exchange programs. About 600 students have already expressed interest in traveling this year.

About 190 students have scheduled to go abroad this semester, this year or next semester, he said. That is almost a 40 percent increase within four years. There are also usually at least 180 students who go abroad in the summer, he said.

The growing interest is not unique to UK. Sign-up sheets to go abroad are getting longer and longer across the nation, said Bettez.

Bettez contributes the increase to a more culturally aware student body and the ease of traveling fears that surfaced after the Sept. 11 terrorist attacks.

"We did have some people not go abroad last year as a direct result of 9/11," he said. Several who had planned to go to France canceled out of fear at the last minute, he said. With students taking a growing interest in Arabic, many are considering going to Egypt this semester to study at American University in Cairo, he said.

"9/11 has obviously spurred interest in the Middle East," he said.

Bettez and others with Study Abroad have also launched a strong advertising program within the last year. They visit freshman orientation and all 40 of the UK 101 classes. "We're trying to make students more aware that this office exists," Bettez said.

Lauren Gawthrop, a sophomore journalism major, heard about the program and is making plans to go to Pontlevoy, France next semester, where she will live and learn in a remodeled abbey that is more than 1,000 years old. Gawthrop, who says she loves to travel and has wanted

See **ABROAD** on 3

ALL THE NEWS THAT FITS

The Low-down

Obviously my reputation will never be repaired... but how do I deal with the guilt and shame and the embarrassment of it? That's what he's (Dr. Phil) helping me with."

Tina Conner, who is suing Gov. Paul Patton for sexual harassment and who will make an appearance on Dr. Phil's talk show.

Student groups hold food drive

Student organizations can bring canned foods to the Student Organizations Center between Oct. 21 and Oct. 25 as part of a student organization food drive competition. The organizations with the largest contributions will receive a pizza party and free copying. The limit is five pizzas and 300 copies per organization.

Kentucky Virtual Library expands

Information on the history of Kentucky African Americans is now available at the Kentuckiana Digital Library, which is a project of the Kentucky Virtual Library. The materials are from the library collection at Kentucky State University. Books included are "A Century of Negro Education in Louisville," by George D. Wilson, "Pictorial Directory of the Kentucky Association of Colored Women," by Lucy Harsh Smith, and "History of the Anti-Separate Coach Movement of Kentucky," by S.E. Smith. The Kentucky Negro Education Association Journal from 1916-1952 is also available.

Spring class schedule book available

The spring 2003 schedule of classes is now available at www.uky.edu/Registrar/schedtmp.html. Schedule books also will be available for students beginning Oct. 28 in three campus locations: Whitehall Classroom Building, 8 a.m. to 6:30 p.m. Oct. 28, and 8 a.m. to 4:30 p.m. Oct. 29; Funkhouser Building, rooms 10 and 100, beginning Oct. 28 and continuing throughout the registration period; and Fraze Hall, Oct. 28 in the evening/weekend college office.

A UK college celebrates 96 years

Celebrating "96 Years Dedicated to Kentucky Families and Children," the University of Kentucky College of Human Environmental Sciences will hold a week-long series of events starting Friday. The schedule includes an Evening of Excellence in which the college's scholarship donors and recipients will be recognized. It starts at 6 p.m. Friday, at E.S. Goodbarn. At 3 p.m. Monday there will be the 2002-03 Distinguished Lecture by Sharon Y. Nickols, the national president of the American Association of Family and Consumer Sciences and dean of the College of Family and Consumer Sciences at the University of Georgia. Nickols will be in the Center Theatre of the Student Center.



PAPER CHASE: Mos Def says he's not the Tinseltown type. Hard to believe, considering that he's already been seen on the silver screen alongside such luminaries as Halle Berry, Billy Bob Thornton and Edie Murphy, his current flick "Brown Sugar" just debuted at \$3 and he's signed on for a potential blockbuster with Mark Wahlberg, Edward Norton and Charlize Theron. "I don't know too much about Hollywood," he said a few weeks ago on the set of his video for the song "Brown Sugar." "I only go out there when they give me money, and I leave." Mos must be raking in the dough, because he isn't leaving anytime soon. He's currently filming the re-make of the 1969 Michael Caine heist film "The Italian Job" with director F. Gary Gray and an ensemble cast that includes the aforementioned Wahlberg, Norton and Theron.

Tina Conner will appear on Dr. Phil

LOUISVILLE — The woman suing Gov. Paul Patton for sexual harassment will tape an episode with the "Dr. Phil" talk show, a Louisville television station reported Tuesday. WAVE-TV, which airs the talk show, said Tina Conner will appear on a segment to be taped Wednesday and air at a later date. Conner told WAVE she has talked with Dr. Phil McGraw about fallout from her now-public affair with Patton. McGraw is "helping me through dealing with reconnecting with my family and children," Conner said. "Obviously my reputation will never be repaired in the community but how do I deal with the guilt and the shame and the embarrassment of it? That's what he's helping me through." Conner also has given television interviews on "Today" and with Connie Chung on CNN.



BITE THIS: Angelina Jolie will play one of those women who runs with the wolves. The werewolves, that is. Varies reports that the knife-collecting Oscar winner will bay at the moon as a lovely lycanthrope in "Bitten," an adaptation of the novel by Kelley Armstrong. The story's heroine is a woman bitten by a werewolf who then runs with a wolf pack in Canada. Ultimately, she tries to return to a normal life as a journalist and even falls in love. But she is drawn back to her full moon fever when a rival pack of werewolves begins increasing its ranks by hitting criminals. However, the werewolves will have to wait a while. She's currently shooting "Tomb Raider 2: The Cradle of Life," and is expected to follow that with "Taking Lives," in which she'll play an FBI profiler trailing serial killer Ethan Hawke.

Cleric denies endorsing bombing

JERUSALEM — Jerusalem's chief Muslim cleric was questioned by Israeli police Tuesday about a newspaper interview in which he was quoted as endorsing suicide bombings. Ikrima Sabri, 63, was detained at his home and held for three hours at a police compound in Jerusalem before being released without charge. In an interview afterward, Sabri said he was misquoted. "That newspaper published words that I never said. My response was that I had no position toward that."

Police questioned Sabri about a June 1 interview in the Dubai-based newspaper Al Bayan. The Arabic newspaper quoted him as saying he "did not see any religious prohibition" against suicide bombings. Omar al-Omar, head of Al-Bayan's international section, said the paper accurately quoted Sabri, ascribing Sabri's denial to Israeli pressure. "What he said is expected, because he was arrested and forced to say that so he can be freed," al-Omar said.

Kidnapping victims return home

TOKYO — Five Japanese kidnapping victims who were taken in their youth by North Korean spies finally came home Tuesday, tearfully hugging their aging mothers and fathers for the first time in nearly a quarter century. The delicate position of the five, all now in their 40s, was underscored at a news conference hours after their arrival on a chartered jet from Pyongyang. The five — who were not allowed to bring their children with them and who are expected to return to North Korea in about 10 days — all wore North Korean flag pins and spoke only a few carefully chosen words. "I truly wanted to see my family," said Hitomi Soga, who is married to an American doctor. She then stood and left the news conference. "I can't express how happy I am to see my parents' healthy faces," said Kaoru Haseike, who was a college student when he was abducted while on a date in 1978.

Polar bear born in KY, dies in NC

ASHEBORO, N.C. — One of the two polar bears at the North Carolina Zoological Park was found dead Tuesday morning, zoo officials said. The 9-year-old male had shown no signs of illness and appeared to be in good health Monday, according to a statement released by the zoo. The bear was born in the zoo in Louisville, Ky., in 1992 along with its male sibling. The bears were moved to the N.C. Zoo in 1994 with a female sibling who died in 1999 of a liver disease. A necropsy is being conducted on the bear late Tuesday, and the results will be released as soon as they are available.

Anti-fornication law questioned

ATLANTA — Two teenagers convicted of fornication last summer could bring down Georgia's long-standing, but little-enforced law banning sexual intercourse between unmarried persons. Georgia is one of only 13 states that still have anti-fornication laws. "What concerns me is statutes like this that have been on the books forever but are really never enforced can be opened up for selective enforcement. That concerns me," said Chief Justice Norman Fletcher. The state's lawyer, Jaime Inagawa, pointed out that the boy and girl were minors, even if they were above legal consent age. "But if they were 17, they'd still be guilty. If they were 18, they'd still be guilty. Isn't that right?" asked Justice Leah Sears. The seven-member court could take several months to make a decision in the case.

Compiled from staff and wire reports.



SMOKING

Continued from page 1

smoke. Both of Waymier's parents are smokers, which irks her, she says.

"The more I learn, the more it bothers me," she said. "I know what it can do to them, and what it can do to me, too."

The dangers of first and second-hand smoke are just two of the messages being spread by the school. Pharmacists' active involvement in health care is another part of the education process emphasized during National Pharmacy Week, Robertson said.

"Most people believe that pharmacists are simply behind the counter to count pills," she said. She added that many pharmacists are taking on new roles through smoking cessation programs, asthma and diabetes clinics and other similar services.

To better educate students on the harmful effects of smoking, Robertson and her fellow classmates are taking steps to let people know the role that pharmacists can play in smoking cessation.

Robertson pointed out that some pharmacists see their patients more often than physicians do.

"It's sad to see a patient receiving at least 10 different medications and knowing that some of their problems could have been prevented by simply not smoking," she said.

The sadness Robertson described when watching a struggling patient echoes the feelings she experienced while watching her grandfather die.

"I could see what it was doing to his health and gradually watched him pass away from a smoking-related lung disease," she said. "That's one of the reasons I'm pursuing a career in pharmacy."

INHALE

Continued from page 1

with students in a number of health-related areas and has researched various tobacco-related health issues.

Staten said that a 1999 survey showed that 33 percent of UK students smoke, which is higher than the national average. Eighty-two percent of those UK smokers said they would like to quit. However, the study's findings do not match the perceptions of many UK students.

"Students perceive that a larger percentage of students are smoking than really are," Staten said. She added that most students she talks to guess that 50 percent of students smoke.

While many students desire to quit, the means of cessation can take many forms according to Staten.

"Most students first think about quitting cold turkey," she said. "Secondly they'll try to find information on their own, either by going to the drug store or looking on the Internet."

Although these methods work for some students, others may need additional help, she said. For those students, she recommends that smokers try one of the many support groups on campus and throughout Lexington.

One of the on-campus options for students is run by the University Health Service and is free to full-time students. According to Staten, the smoking-cessation program has been running for three to four years, with one staff member focused solely on smoking cessation and eight others focused on additional health issues.

Staten said that four to five students per week

come to the service for help with smoking-related problems, but that many others are trying to kick the habit through working with other programs.

Another on-campus option is the Be H.L.P. Smoking Cessation Program, offered through the UK Human Resources Department. The cost of this service is \$25.

Another popular option for students wishing to stop smoking is to use nicotine patches or other nicotine-replacements. Staten said these methods are not for everyone, however.

"Many students smoke little enough as it is to not need a patch," she said. "It all depends on the number of years a person has smoked, the number of cigarettes they have smoked and how much nicotine is in those cigarettes."

The patch can be helpful in fighting the physiological reactions that many students who are trying to quit can experience, according to Staten. These reactions include shaking and feelings of queasiness.

Staten said it is important to look at what smoking provides a person before choosing which path of cessation to take.

"If you can quit by yourself, that's great," she said. "If not, keep in mind that you've got to make some real purposeful changes other than just quitting."

For more info

The Be H.L.P. Smoking Cessation Program is offered by the UK Human Resources Department:

www.uky.edu/HR/wellness

The University Health Services also offers a smoking cessation program: (859) 323-5511

Average costs for a semester in another country run between \$5,500 and \$15,000. A summer costs anywhere from \$2,500 to \$16,000.

UK has connections that can help with the money situation, Bettez said.

"We focus our efforts on exchange programs, where they can pay UK tuition and room and board when they go abroad," he said.

UK has relationships with schools in 35 different countries, and those schools will accept many of the same loans and financial aid that students get while they're at UK, he said.

Students can also plan

their classes so that most can graduate on time, Bettez said. Schilde, who is considering going to Korea next year, is even looking at graduating a semester early.

"If you plan it right, it won't set you back but a couple of courses," he said.

Everyone should look into going abroad, Schilde said.

"The only advice I can give is to do it," he said.

For more information, contact David Bettez at 257-4067, ext. 229 or email him at dbettez@pop.uky.edu

ABROAD

Continued from page 1

to go abroad since high school, does not know the French language, but plans to take a French class while there.

"The program just seemed like one that suited my needs," she said. "I'll be in a historic setting, and being in a small country town allows me to be immersed by the culture."

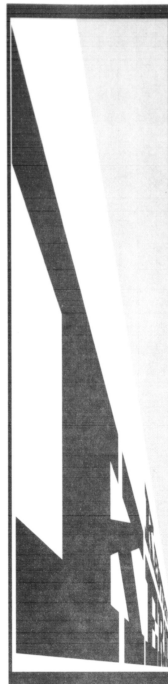
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Critics asking 'Why now?' as Bush pushes war in Iraq



ASSOCIATED PRESS

Bush's most wanted?

Bush says Iraqi leader Saddam Hussein, pictured above, poses a "grave and gathering danger." Bush advisers say taking out Saddam's regime is part of the war on terrorism.

Bush advisers: 'There is not a doubt in the world that with every month ... (Iraq's) programs mature.'

ASSOCIATED PRESS

WASHINGTON — Just two months ago, President Bush insisted he would take his time in talking to Saddam Hussein. "I'm a patient man," he said.

Now, Bush is an impatient man.

"Iraq is a part of the war on terror, and he must disarm," Bush said Monday, making the link between post-Sept. 11 action and his desire to get rid of Iraqi President Saddam.

But why now? "If we know Saddam Hussein has dangerous weapons today — and we do — does it make any sense for the world to wait to confront him?" Bush said, as he explained his position to the nation last week. In his talk, he uttered more than 3,400 words. "Patient" was not one of them.

Dealing with Saddam was on Bush's agenda before he lumped Iraq in with Iran and North Korea as an "axis of evil" last January. But until recently, he seemed in no hurry to check this item off his to-do list. Aides deflected queries about where Bush stood on Iraq by saying he had no war plans on his desk.

By September, he had war options on his desk. "Everyone agrees, if Saddam is around five years from now, we've got a problem. What's less clear is why we've got to act now," said Lee Feinstein, senior fellow on U.S. foreign policy and international law at the Council on Foreign Relations. "I think the president needs to make the case."

Jim Steinberg, a foreign policy expert at the Brookings Institution, said Americans don't sense the urgency because the Bush administration has not offered a "precipitating factor" to galvanize them.

"I do think the 'now' is the question that needs to be focused on," Steinberg

said. "On the whole, the more presidents provide as complete an account of just what's driving them, the more the American people tend to support them."

Retired Marine Gen. Anthony Zinni, who has served as Bush's Middle East mediator, said the president has far more pressing foreign policy priorities than Iraq. "My personal view — and it's just personal — is I think this isn't number one. It's maybe six or seven," Zinni said during a forum by the Middle East Institute last week.

A month later, Bush said if he discovered Saddam was developing weapons of mass destruction, "I'd take 'em out." He explained he referred only to the weapons.

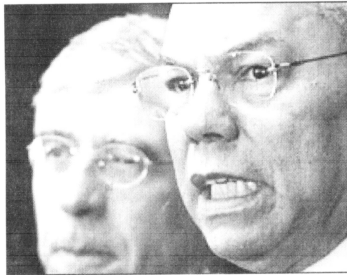
Of Saddam, Bush said, "I'm surprised he's still there."

The escalation in rhetoric began June 1, when Bush told graduating West Point cadets that the United States would make pre-emptive strikes against suspected terrorists, and governments that help them, to protect American lives and liberty. "We must take the battle to the enemy, disrupt its plans, and confront the worst threats before they emerge," Bush said.

He did not mention Iraq, but aides said Bush referred in the speech to Iraq and any others that might support terror when he mentioned "unbalanced dictators with weapons of mass destruction."

Bush then left it up to his deputies to make the case on Iraq.

Defense Secretary Donald H. Rumsfeld appeared in London four days later,



ASSOCIATED PRESS

U.S. Secretary of State Colin Powell and British Foreign Secretary Jack Straw made statements Tuesday supporting action in Iraq.

saying Iraq's appetite for destructive weapons is well known, and "There is not a doubt in the world that with every month that goes by, their programs mature."

Vice President Dick Cheney turned up the heat, telling a June 24 GOP fundraiser in Oregon that Iraq is a "gathering danger" that requires "the most decisive response by America and its allies."

On July 19, Bush labeled terrorist governments a "mounting danger." Again, he shied away from direct references to Iraq, telling soldiers at New York's Fort Drum: "Some parts of the world, there will be no substitute for direct action by the United States. That is when we will send you, our military, to win the battles that only you can win."

On Aug. 5, Rumsfeld said a case like the one Bush made about Afghanistan could be made about Iraq. Two days after that, Cheney warned that Saddam would acquire nuclear weapons soon if "left to his own devices," while Bush said he would explore all options on Iraq, including military action.

Then Bush's strategists took the rhetoric to its peak. In an Aug. 15 interview with the BBC, national security adviser Con-

doleezza Rice declared the threat posed by Saddam would emerge "in a very big way" if he is allowed to remain in power. Cheney followed on Aug. 26 with a blistering assessment that arguments against a pre-emptive strike on Iraq are "deeply flawed."

"We will not simply look away, hope for the best and leave the matter for some future administration to resolve," Cheney told the Veterans of Foreign Wars.

The White House said the rhetorical buildup was planned in advance with an eye toward the Sept. 11 anniversary and Bush's U.N. speech. "From a marketing point of view, you don't introduce new products in August," Bush chief of staff Andrew Card told The New York Times.

In his U.N. speech, Bush warned that the world body would look irrelevant if it did not confront the "grave and gathering danger" posed by Saddam. "If Iraq's regime defies us again, the world must move deliberately and decisively to hold Iraq to account," he said.

Bush offered a specter darker than war: A nuclear weapon in Saddam's hands within a year.

"We cannot wait for the final proof — the smoking gun — that could come in the form of a mushroom cloud," he said.

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"Everyone agrees if Saddam is around five years from now, we've got a problem. What's less clear is why we've got to act now."

— LEE FEINSTEIN, SENIOR FELLOW AT THE COUNCIL ON FOREIGN RELATIONS

Frisbee taking flight at UK



Jodi Seibert, a UK student, plays frisbee with friends after class. Ultimate frisbee has grown in popularity around campus.

DONNA LOU QUAY | KERNEL STAFF

The Rules

- 1. The Field** - A rectangular shape with endzones at each end. A regulation field is 64m by 37m, with endzones 18m deep.
- 2. Initiate Play** - Each point begins with both teams lining up on the front of their respective endzone line. The defense throws ("pulls") the disc to the offense.
- 3. Scoring** - Each time the offense completes a pass in the defense's endzone, the offense scores a point.
- 4. Movement of the Disc** - The disc may be advanced in any direction. The person with the disc ("thrower") has 10 seconds to throw the disc. The defender guarding the thrower ("marker") counts the stall count.
- 5. Change of possession** - When a pass is not completed (e.g. out of bounds, drop, block, interception), the defense immediately takes possession of the disc and becomes the offense.
- 6. Substitutions** - Players not in the game may replace players in the game after a score and during an injury timeout.
- 7. Non-contact** - No physical contact is allowed between players.
- 8. Fouls** - When a player initiates contact on another player a foul occurs. When a foul disrupts possession, the play resumes as if the possession was retained.
- 9. Self-Refereeing** - Players are responsible for their own foul and line calls.
- 10. Spirit of the Game** - Ultimate stresses sportsmanship and fair play.

www.whatisultimate.com

Fun game: Ultimate Frisbee is growing in popularity; UK students play the game for an energetic pastime

By Crystal Little
STAFF WRITER

It combines the skill of basketball, the grace of tennis and the raw determination of football. Ultimate Frisbee, or "Ultimate," as it is affectionately known is a modern obsession that began in 1967 when Joel Silver pitched his revolutionary idea to the Columbia High School Student Council in Maplewood, N.J. Silver's game survives today as a fun pastime for countless elementary middle school, high school and college students.

"It's the best sport I've ever played," said Brandon Laracunte, a computer science freshman and desk clerk at Holmes Hall. "I've only played three or four times, but Ultimate is great—it's really easy to pick up."

Travis Pierce, a communications sophomore, began playing Ultimate Frisbee during his freshman year, when his roommate introduced him to the game.

"Ultimate Frisbee is a game that's easy to learn but difficult to master," said Pierce.

The rules of Ultimate Frisbee are fairly simple. The game is played between two teams of seven players on a large rectangular field, with endzones at each end—as in American football. These endzones are the goal-scoring areas. To score a goal, a team must complete a pass to a player standing or

running in the endzone the team is attacking.

Running with the disc is prohibited. When a player gets the disc, they must stop and try to throw the disc to another player. Passing from player to player, the goal is to work the disc up to their designated endzone to score a point.

The defending team's goal is to stop the disc from making progress up the field. The defending team therefore "marks" (guards) players on the opposing team, hoping to intercept passes. Ultimate Frisbee is a non-contact sport — any player contact can be called a foul.

A unique part of Ultimate is that the game is refereed by the players themselves, following a code of conduct called "The Spirit of the Game." This system goes as far as the World Championship level and places fair play responsibility on all the players.

Brad Friars, an undeclared sophomore, has been playing Ultimate Frisbee for nine years. His introduction to the sport began at age 10 in Boy Scouts. For playing the game, he earned a badge. His freshman year at UK, Friars took the Ultimate Frisbee class for course credit.

"Ultimate is great exercise, and fun overall," Friars said.

"It builds friendships and is an all-around positive experience."

Ultimate Frisbee Lingo

- 1. Hack:** A foul
- 2. Hammer:** High overhead throw, the disc flies upside down in a parabolic type path. The grip, release etc. is similar to the forehand.
- 3. Hand Block:** This is when the defender stops the disc directly after it is released by the thrower.
- 4. High Release:** A backhand throw held and released over the thrower's head; very difficult to block.
- 5. Huck:** A long pass; often nearly the full length of the field and high to a tall player in the endzone.
- 6. Inside Out:** As a backhand, a throw to the right that curves left; as a forehand, a throw to the left that curves right.
- 7. Layout:** When the player dives the catch or intercepts the disc. Also referred to as "going ho" (from going horizontal).
- 8. Mid:** A receiver who cuts for shorter passes than a deep.
- 9. Man-on-Man:** The most common type of defense. Each person on defense marks an offense player and attempts to stay as close as possible with the intention of getting an interception or forcing a mistake.
- 10. Offense:** The team with possession of the disc.
 1. Open (side, pass or cut): (1) The side to which the thrower is being forced (or a pass/cut to this side), (2) Sometimes used to describe being free to receive a pass.
 2. Pick: An intentional or unintentional block where a player gets between you and the player you are covering.

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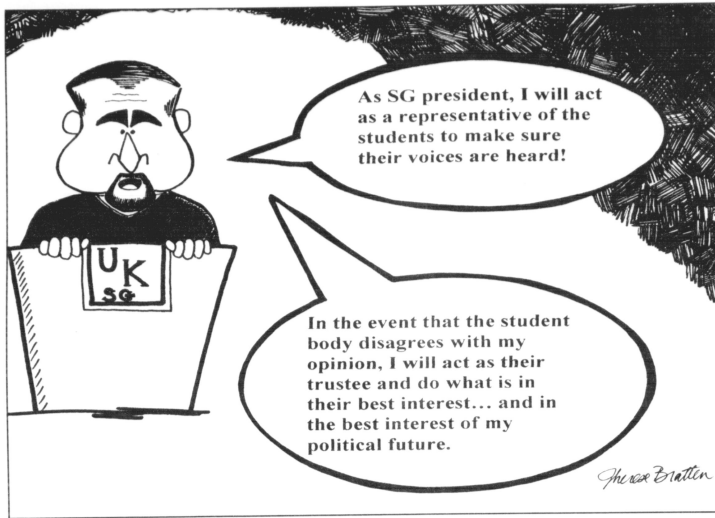
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IN OUR OPINION

Enhanced student center needs higher student fees

This is the second in a series of editorials analyzing Student Government's proposed \$23 increase in student fees

It's sad when students go entire college careers — four or five years, or even longer — without ever making full use of UK's Student Center.

Sure, most have dined at the food court, browsed the UK Bookstore or been irritated by an evangelist. But few have ever used the Student Center as more than just passersby.

Of course, you can't blame students for avoiding a place that has not had an increase in funds for more than two decades. The last time the Student Center was given an increase in funding, President Lee Todd was merely a faculty member researching electrical engineering.

Student Government is proposing an \$8 increase in student fees for the Student Center.

While any increase may anger students, this one is sorely needed — and probably isn't enough.

The Student Center is an auxiliary service and its operation relies on student fees. The Student Center's fee per student has rested at \$22 for the last 22 years, which is now basically just enough to maintain the building and pay the bills.

Students do not use the Student Center because there are few attractions in the building. What should be the heart of campus is simply a place to eat and buy books.

Student Activities Board periodically presents concerts and movies, but the events are too few and far between. The Wildcat Den, a game room in the bottom floor, is uninviting and underused.

The Student Center hopes to make renova-

tions and repairs with the increased funding, which would make the Center more presentable.

But imagine a Student Center that provided students with a social center. The Student Center could make up for Lexington's shortcoming in providing college students with entertainment, especially for those students who are underaged.

Imagine a place open on weekends and late into the night. Envision useful copying and computer services. If UK is willing to pay franchising fees for Starbucks and other eateries, why not make room for a Kinko's?

How many students would a free arcade with a free jukebox attract? What about a bowling alley? In fact, you should suggest your own ideas to SG, SAB and the Student Center.

These ideas may seem radical, but explore other universities not far from UK and you'll find they are real. Purdue University and Indiana University even have hotels in their student centers.

All of these innovations cost money. Not only would construction require University funding, but expanded hours require more electricity and labor. As a result, the Student Center needs more fees from the students. And, unlike other fees suggested in the overall increase, a Student Center fee increase would benefit all students.

Even if you've never taken advantage of the UK Student Center before, your fees can still help establish a student center of which the entire campus can be proud.

Missing the Christian message

"We can often do more for other men by trying to correct our own faults than by trying to correct theirs," Francois Fenelon.

I had seen him before, year after year in the same place, fervently preaching to those who passed by those he called "the lost." He was thinner this year; his newly trim frame pacing back and forth. With the King James Bible waving above his head, you could see the circle of perspiration steadily growing larger from under his arm. It was another first day of class, another sultry August, ripe with the promise of sin.

In years past, I had blushed, taken a pamphlet and hurried on with my head down hoping those piercing eyes wouldn't single me out — hoping he wouldn't think I was one of the morally bankrupt heathens he was preaching against. His judgment, I knew, would be too much to bear. There were times you couldn't tell if it was the heat of the sun or the heat of his stare that made you so uncomfortable. In years past, I just ducked and ran.

But this year, I was almost glad to see him. I had been gone for two years, and with so many things new to the campus, it was almost nice, even almost comforting to see a familiar face. I chuckled when, from a large distance, I heard the raspy and insistent voice of Pastor McCracken, still hard at work thumping away at unsuspecting sinners. My searching and pining soul had quieted itself to a gentle hum over the past two years, and I knew he couldn't bring that blushing and unsure pilgrim to surface again.



Jason L. Miller
 KERNEL COLUMNIST

And so, at the base of the steps outside of the Student Center, I dodged the pamphlet-wielding missionary and tucked myself under a tree to listen. Behind the Prophet, his followers were holding an 8-foot sign stating, "NO FORNICATOR, NO IDOLATOR, NO ADULTERER, NO HOMOSEXUAL, NO THREE, NO COVETOUS, NO DRUNKARD, WILL ENTER THE KINGDOM OF GOD." CORINTHIANS 6:10. I still didn't flinch, though the corners of my eyes were already beginning to curve under, half dispassionately, half — well — hurt, I suppose. I opened my unspooled notebook and began to take notes on the first lecture of the year.

He had a tag-team approach this year, allowing a younger pastor to fill in when he got tired. Together they threw around terms like Cultural Relativism, Humanism, and Induction. They made bold statements like, "David Hume was an idiot," "Logic and Reason is garbage," "Biology majors should repent" and "9/11 was a warning that we must prepare to meet God." They mentioned me, too, when they said, "even the fool keeps silent and is thought wise." And I, their fool, sat silently as they heatedly debated with bolder pedestrians. They said a lot of things, but the gist of their message was this: you are an evil, undeserving pagan who must see it my way to be holy.

The dispassionate of me gave way to hurt. I was saddened at how such a beautiful message has become something else entirely. I am not going to say I am an authority on what God says, because I don't feel I can speak on behalf of a deity. But, I have read the Bible cover to cover—even Numbers and Deuteronomy. And seeing as I have taken a fair amount of Biblical scholarship upon myself, I can say how I took the message of Jesus of Nazareth. How I read it doesn't really match with what I see in these fiery theologians.

The truth, as far as I perceive it, is that the founder of the predominant American and European faith spoke far more about loving and helping, compassion, gentleness and self control than he did about giving men authority to judge other men. The result of this faith, ideally, is a contented and gentle spirit, usually accompanied by a warm smile and a caring glance.

It is often said that you will know a Christian by his fruit. The fruit I have seen from these "Campus Ministers" appears to be sour, hard to swallow. I can't say that I can see their beatitudes shining. I wonder about the Thief on the Cross, or the Prostitute; if McCracken were allowed to sit in the judgment seat, would he have let them into Heaven as Jesus did? Was Jesus too lenient? If he were given permission to judge, would anybody get into Heaven? Would he?

Beyond resulting attributes, I propose that Pastor McCracken take a look at his ministry. He should ask himself about how effective it is. His answer, most likely, will be "I can win just one soul..." And my answer, "Yes, but how many have you driven away?"

Jason L. Miller is a communications senior. His views do not necessarily represent those of the Kernel.

Carter a deserving Nobel winner and a hero, too

A few days ago I received an e-mail from my aunt in Virginia, who is enjoying a return to higher education as a graduate student at her local university. She mentioned it's an anniversary year for her school, and she's excited to be enrolled a time when the university will be seeing several dignitaries, including President Bush and Henry Kissinger, visiting the campus in celebration. But she was most excited "(her) hero, Jimmy Carter," would be on the campus grounds in the coming semester.



Candice Jackson
 KERNEL COLUMNIST

Jimmy Carter? A hero? Huh? When I relayed the story to her sister, my mother, surprise and amusement were clear in her response: "Jimmy Carter's her hero? Where'd THAT come from?" I can't

say I wasn't slightly astonished myself. After all, when the word "hero" pops into the occasional conversation, most of us tend to think of, say, Nelson Mandela, Mahatma Gandhi or Wonder Woman. (OK, maybe that last one is just me.) But Jimmy Carter? Sure, he's done some great work since his tenure as president ended, but for our generation, mention his name and most people just tend to think of him as a relic of the past, best known for being the guy who lost to Ronald Reagan back in the early '80s.

It turns out my aunt's offhand comment was surprisingly prescient. Fewer than two weeks later, Carter was awarded the 2002 Nobel Peace Prize for what his presenters cited as "decades of untiring effort to find peaceful solutions to international conflicts, to advance democracy and human rights, and to promote economic and social development."

Jimmy Carter? Nobel Prize Winner? What?

When you think about it,

though, not only is Carter a deserving recipient, but this recognition of his efforts to promote peace and understanding — not just in our own country, but throughout the world — was actually a long-overdue acknowledgement of his efforts to promote justice and basic human rights throughout the world.

Prior to his win, I was aware of Carter's commitment to Habitat for Humanity, a program that seeks to provide housing to needy families throughout the nation. But, in light of his recent achievement, Carter's other efforts have been given their proper due, and his win has shown that not all U.S. leaders are intent on "changing the world" through military action and brute force.

The more you examine Carter's achievements, the clearer it becomes how deserving he is. During his 1977-1981 presidency, Carter was known for his attempts to bring peace to the Middle East, most notably through the 1978 Camp David Peace Accords, which brought to-

gether then-Israeli Prime Minister Menachem Begin and Egyptian President Anwar Sadat. While his presidency eventually suffered under the weight of the Iran hostage crisis, Carter has since spent his time — over two decades — traveling throughout the world, promoting peace, advocating human rights, monitoring elections and providing basic medical care and food supplies to the world. And, in addition to hammering a few nails for Habitat for Humanity, he's also founded the Carter Center, an organization based in his home state of Georgia devoted to social justice and global peace.

While Carter's Nobel win would be a timely and appropriate recognition in his own right, the Nobel Committee has made it clear that there is a message attached: with President Bush still pushing for carte blanche in the Iraq issue, prominent members of the international community are hoping that Carter's achievement will be seen

as a criticism of Bush's seeming intent to exercise military force against Iraq in the near future.

Nevertheless, it would be unfortunate if Carter's Nobel Prize were to become a symbolic indictment against the Bush administration's recent activities (however effective it may be). Such an impression may lead to the assumption that Carter was somehow underserving of the prize, that the award was merely orchestrated as an attack on the current administration — but as Carter's track record shows, his significant and influential efforts ARE deserving of recognition, and Bush's activities should not be permitted to diminish the importance of Carter's life's work.

Jimmy Carter? A hero? I challenge you to think of a person more deserving of the title.

Candice Jackson is a journalism senior and is studying abroad this semester in Sydney, Australia. Her views do not necessarily represent those of the Kernel.

Tested Cats await rematch with arch-rival Hoosiers

The big one: Despite only one win in 10 attempts, UK usually plays powerhouse Indiana tough

By Alex Williams
STAFF WRITER

Ian Collins has reasons to believe his team is battle-tested.

After all, three of the Cats' four losses have come in overtime at the hands of ranked opponents, and the team has already scored a victory over No. 9 Maryland.

Now, the UK men's soccer coach hopes to turn those efforts into a victory against visiting No. 2 Indiana at 7:30 tonight.

Always an intense matchup, the Cats have won only once in 10 meetings against the Hoosiers.

But if the last three meetings are an indication of things to come, then today's matchup should prove to be just as exciting.

Senior co-captain J.D. Stephenson, who has witnessed the last three losses to IU, said UK has enough of the intangibles to topple Indiana this time.

"Heart, battling and playing for each other is what it will take to win," Stephenson said. "If we play together it will be tough to beat us."

In 1999, the Hoosiers escaped with a 1-0 victory in the first round of the NCAA Tournament before winning the National Championship.

In 2000, it was even more thrilling before the Cats fell short in Bloomington, Ind., losing 1-0 in a double overtime heartbreaker in the 113th minute.

The Cats and Hoosiers have even more recent history, having played to a 1-1 draw already this season in an exhibition contest.

A traditional powerhouse, Indiana possesses five national titles. IU travels to Lexington riding a nine-game winning streak and is undefeated in conference play behind the play of All-America candidates Pat Noonan and Ryan Mack.

Although the record indicates it has been a lopsided series, the rivalry runs deep between each team.

"It's huge," Stephenson said of the rivalry. "The blood between the two teams, it's not bad, it's just always a good game. It's the kind of game you wish you could play all the time."

It is certainly a game the Cats circle on their calendar, but it seems to have come at a bad time this year. Six players are injured including four starters and that is a major concern for Collins.

Collins singled out junior midfielder Nathan Fleetwood as the missing catalyst who affects the team's game plan the most.

"The kid is desperate to play," Collins said. "It's equivalent to losing your starting quarterback — it rips the heart and soul out of the team."

Losing Fleetwood, the team's top scorer and co-leader in assists, is a big blow to the team.

Having lost last Friday to Alabama A&M in 2-1 overtime, a win over the Cats' arch-rival would instill energy into the team with only five regular season games remaining.

It's not that the Cats are worried about making the postseason, it's just that beating a rival that happens to be ranked second nationally can reenergize any team's season.

Stephenson and fellow senior Chris McDaniel have the most experience against



PHOTO FURNISHED

Senior Chris McDaniel has lost to Indiana three times in the last four years with UK. In August UK tied IU in an exhibition match. McDaniel and the Cats host IU tonight at 7:30 at the UK Soccer Complex.

the Hoosiers and McDaniel said it could be a reversal of roles this time around.

"This is a great game to play in, but we've come up on the short end of the stick," McDaniel said. "This

game is always a battle, but I think we can come out on the winning side."

Even banged up, these battle-tested Cats believe they can pull off a major upset.

Poor offense extends loss streak

Spike: UK volleyball team loses fourth straight match with disappointing sweep to Louisville Cardinals

By Terra Ramsdale
STAFF WRITER

The UK volleyball team lost its fourth straight game last night after suffering a three-game sweep to the Louisville Cardinals.

The Cats dropped to 7-10 on the season.

The Cardinals came into Memorial Coliseum 12-3 and on a four-match winning streak. The in-state rivalry drew a larger crowd than normal who was pepped up by members of both schools' cheerleading squads.

The first game started with a quick tie at 4-4. UK jumped ahead to 6-4 but Louisville answered back to

take the lead at 9-7.

Sissy Canfield and Sarah Spinner put down two powerful kills to tie the match, but Louisville's defense put a quick stop to UK's offense, leading by as many as 10 at one point. Louisville won the first game 30-21.

"It was a matter of not executing, too many mistakes and they were blocking our players well," setter Leigh Marcum said.

As the second game began, it looked as if UK might have found its offense. Anne Koester executed a fast kill to take the first point. U of L answered back to tie it at a kill to pull UK ahead 2-1, but Louisville quickly answered

and tied the game at 2-2 again. Once again the Cardinals took control and won the final game, 30-21.

"They focused on our weaknesses," outside hitter Danielle Wallace said.

Wallace came on strong in the third game with four kills to keep UK in the game.

The offense was off altogether. The lack of execution and the disappointment in the second game took control, costing UK the match.

"We need to play like we play in practice and compete like we know how to compete," Wallace said.

It was Louisville's fifth straight win in the series, but UK still leads 23-20 overall.

UK will return to conference play this Friday at Auburn.

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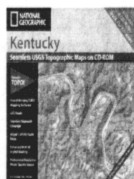
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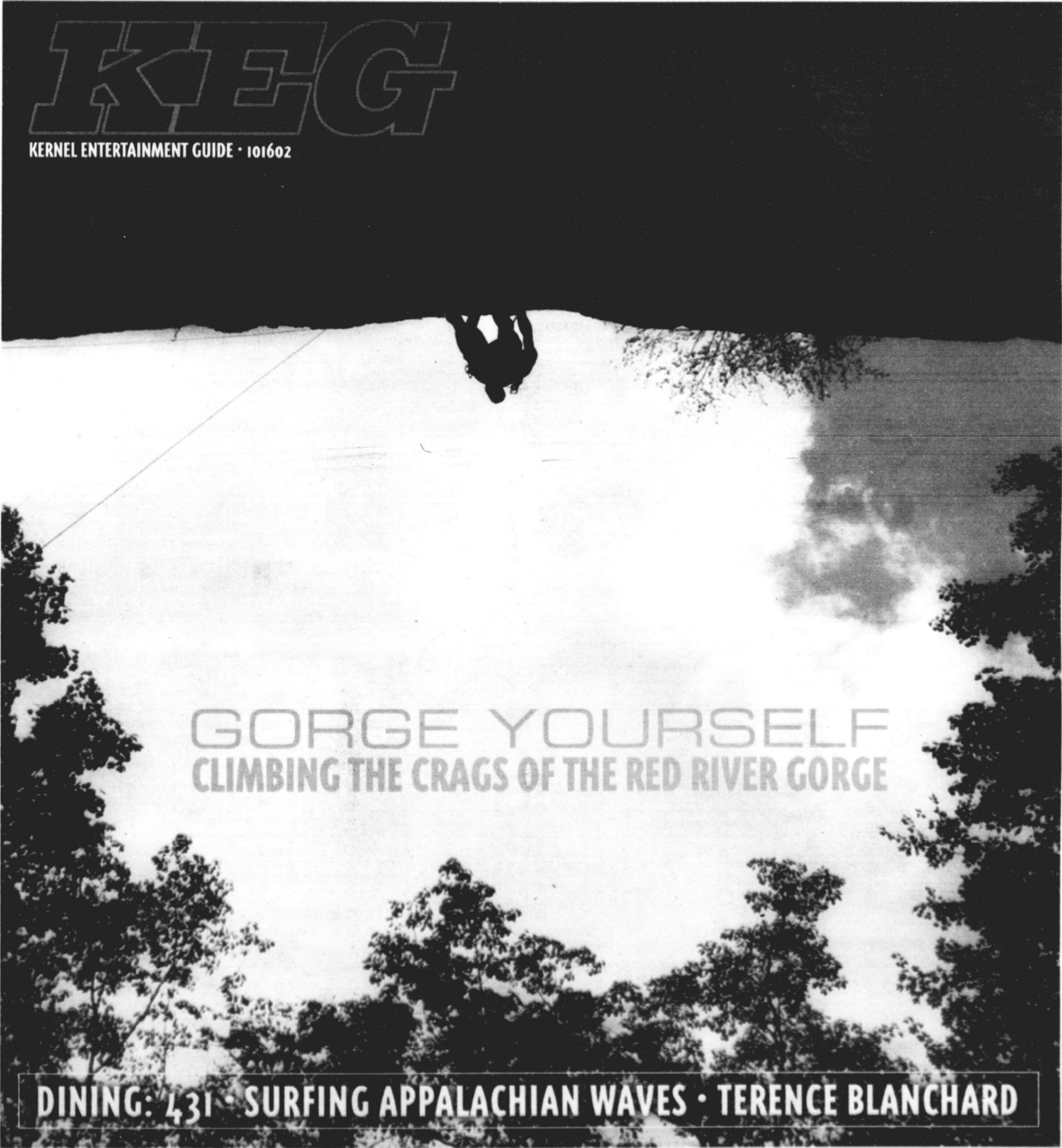
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INSIDE

D I N I N G G U I D E

431's elegant food comes served with a relaxed and casual setting

BY CURTIS TATE
ASSISTANT SCENE EDITOR

A sign that says "Casual Fine Dining" greets patrons as they enter 431, an attractive, upscale eatery at 431 Old Vine Street in Lexington. But make no mistake: "casual" does not mean jeans and t-shirts.

Dress casual, as in khakis, button downs and blouses, would be more like it.

Wardrobe matters aside, the food should be considered 431's star attraction.

The menu, which rotates seasonally, offers an assortment of appetizers, including cheeses, salads and skewers, but the pan-seared foie gras (\$10) proved hard to resist.

Foie gras, fattened goose liver, is one of 431's specialties. Co-owner and head chef Jim Plymale explained its preparation. He cures the liver in coarse French sea salt for 24 hours. It is then dipped in duck fat heated to 140 degrees to make it pliable.

It is then rolled into a cylinder, sliced and quickly pan seared.

The result simply melts in your mouth. The foie gras is served in a modest portion with toasted brioche (a buttery French bread) and a tasty red onion marmalade. Foie gras is extremely rich, so one order is plenty for two.

For our entrees, my friend and I ordered the snapper (\$24) and ribeye (\$25) specials, respectively.

The entrees, which range from \$15 to \$27, all come with bread and a choice of soup of the day or house salad.

The crusty, European-style breads come from Lexington's Sunrise Bakery, and one version is baked with mozzarella cheese and rosemary.

The salads consist of fresh, crisp greens, above and beyond what one gets at standard chain restaurants. Plymale said he often uses local produce, relying on suppliers who frequent

the Lexington Farmers Market.

Then came the evening's centerpiece: a huge cut of dry-aged ribeye, slightly crusty on the outside and still pink on the inside — just the way a steak should be.

Plymale said the beef, too, is local, from Critchfield Meats. The drying process places the beef in a low-humidity refrigerator for two to three weeks, depending on the buyer's preference.

He said the 30 to 40 percent humidity causes the meat to lose moisture, concentrating its flavor.

Though you won't find the ribeye on 431's printed menu, Plymale said it often appears as a special, depending on the meat's availability.

The ribeye came with mashed potatoes, with skin (and made with cream, an absolute requirement), and a green peppercorn brown sauce.

And kale, sauteed Chinese-style in oil and garlic, provided a nice balance to the meat and potatoes.

My friend was equally satisfied with his entrée. The snapper, flavored with a peppery blackened seasoning, came on a bed of coconut rice and Chinese string beans, along with a pineapple habanero relish.

Dinner, with no drinks, plus appetizer, tax and tip, came to \$72.54 — an excellent meal, but not one most of us could afford to indulge in every weekend.

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Langston Hughes celebration events:

* Concert featuring music set to the words of Langston Hughes. 8 p.m., Oct. 16, Memorial Hall. Free.

* Street Scene, an opera by Langston Hughes and Kurt Weill. 8 p.m., Oct. 17 and 19, Lexington Opera House. Tickets cost \$10 for UK students, \$15 for UK faculty and staff and \$18-\$20 for the general public.

* Poetry Slam. 8 p.m., Oct. 18, Worsham Theater. Free.

Other Events:

* Earth Science Week Open House and Rock and Mineral Identification. Mining and Mineral Resources Building. 6 p.m., Oct. 16. Free.

* Venice Baroque Orchestra. Oct. 16, 8 p.m., Singletary Center for the Arts.

* Mid-South Three-Day Event and Team Challenge. Oct. 17-20, Kentucky Horse Park.

* Carrot Top stand-up comedy. Oct. 18, Ceaser's Coliseum, Elizabeth, Indiana.

* John Stewart stand-up comedy. 8 p.m., Oct. 18, Taft Theater, Cincinnati.

* Al Jarreau. 8 p.m., Oct. 19, Taft Theater, Cincinnati.

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Renown trumpeter opens Spotlight Jazz



Cover art by Rachael Kerley, a Kernel photographer. A climber scales Herd Mentality, a route at Red River Gorge's Solar Collector.

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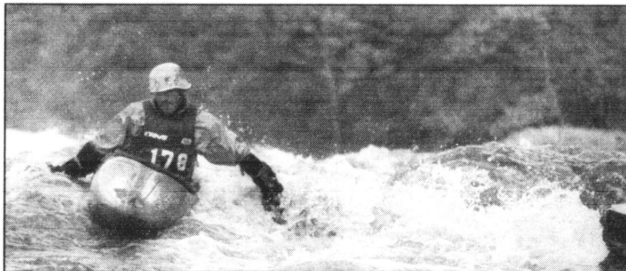
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Finding the raging waters ...



A racer on the Russell Fork attempts El Horrendo with hand paddles. The river swells to furious proportions each October when the Army Corps of Engineers releases water from an upstream dam.

KIRT HODGES | CONTRIBUTING PHOTOGRAPHER

BY KIRT HODGES
CONTRIBUTING COLUMNIST

In the very eastern corner of our state, where Pike County, Ky. and Dickenson County, Va. meet, you'll find a unique stretch of the Appalachian Range. Here, each hill soars to a high craggy pinnacle, then dives out of sight to the depths of a hollow before it bows into another monstrous mountain that does just the same. In the low bottomland, bending between these towers, roars the Russell Fork River.

In the deepest gorge east of the Mississippi River, the Russell Fork of the Big Sandy River forms the free-flowing foot of this nearly impassable landscape. More than five miles long and over 1,600 feet deep, this narrow canyon sees more shadow than sunlight, even in the middle of the summer months.

Though the Russell Fork is still a natural flowing river, the Pound River, a tributary of the Russell Fork, is not. The Pound is controlled by the Army Corps of Engineers at its headwaters. Each weekend in October, the ACE "turns the water on" at the dam, releasing 800 cubic feet of water per second to the 300 that already flows in the Russell Fork. Overnight, the Russell Fork goes from a peaceful wild river to a frothing rage, peaking out in the narrow gorge. While these controlled flash floods may not be the best news for the trout that swim through the river's currents, it is a wet

dream for paddlers all over the region and even the country.

On the first Saturday of each October, enthusiasts of whitewater boating storm the Russell Fork to celebrate the river and attempt its challenges on the first release of the season. Many of these boaters run the upper section of the river, a more easily navigable strip than the tight gorge section that follows it. Though the upper may not be as tricky as the gorge, it is still known as a run of class III and IV rapids with class V consequences.

In the middle of the afternoon, you will notice many of the boaters pulling into the eddies that line the sides of the gorge section to make way for the expert-only race that rushes through the massive drops, sieves, undercut rocks, log jams and powerful hydraulics of the class V and even class VI rapids that comprise the nearly four mile run. Not a jaw remains closed among the boaters or hikers who hoof it down to the boulder-lined shore as every eye focuses on the paddlers being swallowed and spewed from the violent green water.

Though many find their blood stirred by the action in the bottom of the canyon, there is an entirely different perspective to be explored high above, in the peaks of these mountains. For those that prefer their feet remain on terra firma, Breaks Interstate Park — so-called for the "break" in the Pine

Mountain ridge created by the river and gorge — offers over 4,500 acres of land to investigate. Thirteen miles of hiking trails span every bit of the 1,600-foot elevation change, from the river at the base to the tips of the pinnacles. Some of these trails in the tops of The Breaks run parallel to The Towers, a great rocky pyramid that is over a third of a mile wide and a half a mile long.

Breaks Park has everything from cottages to camping, banquet facilities to biking, but be sure to check out the details before taking a trip there; they have many different available times, seasons and rates for their many facilities and activities.

Getting There:

From Pikeville, take US 460 East until KY-VA 80 East branches off toward Elkhorn City, Ky. Follow KY-VA 80 East for seven miles past Elkhorn City to get to the entrance of Breaks Interstate Park. River access can be found along KY-VA 80 in both directions of the park entrance, in Kentucky and in Virginia.

For more information, call Breaks Interstate Park at (800) 982-5122.

On the Web:

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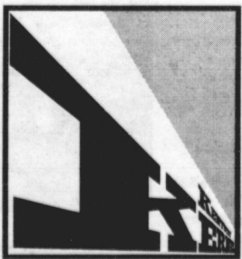
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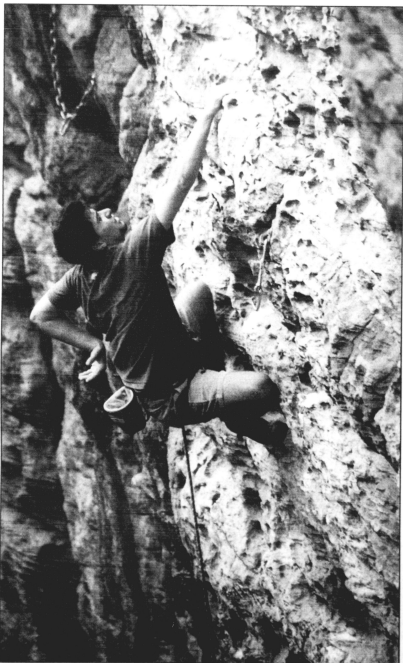
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A paradise built of sandstone



BY THE ANCHOR
HIT CLIMB

The attic of a dilapidated Victorian house on West Maxwell holds a hidden legacy here. The walls are not at different pitches and angles and lined with gritty, oddly shaped handgrips made of plastic resin. Many of the grips are set into the walls of the house, but other walls have also been built to accommodate them.

This attic, in the home of a small group of Lexington climbers, houses a private climbing gym. The gym is a work in progress; begun more than 20 years ago, the house has been passed from one set of climbers to another, who have each added new additions to attic gym.

The house on Maxwell represents a strong, quirky subculture in Lexington: rock climbing.

"Climbing is a whole lifestyle unto itself, when you really get into it," said Sheri Fullerton, a fine arts senior and "son of manager" at Climb Time, an indoor climbing gym in Lexington. "Hard-core climbers are usually sort of crazy in general."

Fullerton said the climbing scene is unusually strong in Lexington. "There are climbers that are wicked strong and good that no one knows about, and then there is a bunch of friends who climb. I'd say there are about 20 super-hard climbers in Lexington."

In fact, Fullerton said, Lexington is home to one of the best climbers in America, David Hume. Hume, a physics senior, has won endorsements from climbing companies, done well in national competitions and been featured in national climbing magazines.

"Hume got his start climbing here [in Climb Time] and in the Red," Fullerton said.

The "Red" of which Fullerton speaks is the Red River Gorge, a section of Eastern Kentucky's Daniel Boone National Forest, located in Powell and Wolfe counties.

The Red falls Lexington's climbing scene, one that has grown steadily in the last 20 years.

Here in Lexington, people live an hour and a half from one of the best climbing spots east of the Mississippi. It's one of the premier climbing destinations in America. Fullerton said of the Red. "A lot of

people come to UK just to be close to the gorge." The gorge's reputation, in fact, has become so widespread that people come from all over the nation and the world to climb there.

"In the seven years I've been climbing, it's amazing how many people go down to the cliffs now," Fullerton said. "It's hard to find parking at a lot of the spots now."

A SANDSTONE ENDURANCE TEST
Rock climbing is a sport that pits the climber against two challenges—the land and himself. Though there is friendly, and sometimes intense, competition between climbers, the real struggle lies in the wall—in its slope, features and condition—and in the climber—his or her strength, balance, technique, endurance and mental fortitude.

The Red poses a strength and endurance test to those who tackle its sandstone walls.

"Anyone who asks will tell you that the Red is big holds and drastically overhanging walls—a pumpfest," Fullerton said.

By "pumpfest," Fullerton refers to the "pumpy" quality of the gorge, a climbing term used to denote something that requires a lot of arm strength and endurance. "It's like running a marathon with your arms," he said.

Though the gorge's walls are covered with large, generous holds, the crevices of the walls and their wild, acute angles force climbers to use every bit of their strength to make their way to the top.

A write-up of the gorge in *Rock & Ice* magazine said "powerful climbers who can crush tiny holds leave here in tears, shocked that they couldn't finish a



Climbers at the Gorge watch and belay their climbing partners as they scale the Solar Collector.



Morgan Burton, who has been climbing at a Red River Gorge for 20 years, still finds challenge in such routes as Red Mentally. Shown here, the gorge rocks as one of the top climbing spots in the country.

route where "every hold is a jug."

The cliff lines of the Red are made up of orange sandstone, often striped with bands of pink and black, and lined by encroaching walls of iron oxide. The sandstone presents a mixed blessing to the climber. Though its grainy texture provides plenty of friction (the lay a successful climber) it also weakens friction and has a tendency to break and crumble.

A DAY AT THE RED
On a chilly, overcast morning in October, Morgan Burton and Phillip Nemes head to the gorge for a day of climbing. Burton, an on-and-off student at UK and LIC, has been climbing for 20 years. Nemes, an English senior, has been climbing for six.

Entering the Mountain Parkway, the pair turn south toward Coal Bank Hollow, a newly established climbing area, seeking to avoid the crowds that now through the older, more established climbing areas.

Arriving at the crag, however, they see that they have not managed to escape the crowd. Already, people from Oregon, California and Delaware are attempting to scale the steep, slightly overhanging wall.

They quickly don their gear, and Nemes begins making the lead climb of Ethos Polio, a fairly difficult route, rated at 5.10 on the climbing scale.

As he moves fluidly up the wall, he attaches clips to bolts sunk in the rock as he goes to protect himself from falls. As he climbs, he sometimes rests on bigger holds, or in "warrens," bowl-shaped hollows carved into the vertical face of the wall.

Soon, more climbers show up, including Brian MacLellan, an old and grizzled climber from Scotland. Among them is Bill Ramsey, a philosophy professor from Notre Dame University. Ramsey travels 100 miles to the gorge almost every weekend to climb rock at the Red.

"The climbing in the gorge is as good as any I've seen, except for maybe one cliff in France," said Ramsey, who has climbed in the western United States, Europe and Australia.

Fullerton said of the Red. "A lot of

WANT TO CLIMB?

CLIMBING STARTED
Indoor climbing gyms provide a good place to hone skills and strength before getting out on real rock. Gyms offer lessons, and other climbers are frequently there offering tips, techniques and advice. These climbing gyms call Lexington home:

1. **Climb Time** is the first indoor gym in the state, established 22 years ago. It offers equipment rentals and lessons. All-day admission costs \$12, shoe rental costs \$3. Lessons cost to space. Open 9 p.m. - 11 p.m. Mon. - Fri., 11 a.m. - 9 p.m. Saturday and Sunday, 1246 Over Drive, 252 3873.

2. **The Suburban Center** in the Station Centre will offer free access to a bouldering and a rock climbing wall to students when it opens, slated for spring semester. The center will also provide free equipment and shoes to students. Hours have not yet been set for the facility.

3. **Lexington Rocks**, located close to UK's campus in Upper Street's South Hill Station, opened just over a year ago. It is open from 9 a.m. to 9 p.m. Monday through Friday and 9 a.m. to 3 p.m. Saturday and Sunday. Admission costs \$12 for students and \$15 for the public, and includes a harness. Shoe rental costs \$3. The gym does not offer lessons but plans to in the future.

THE THREE TYPES OF CLIMBING:

1. **Sport climbing** is the most widely known type of climbing, and the most popular at Red River Gorge. Sport climbers use tall, established routes, which are usually named and rated according to difficulty. The routes have both placed in the rock, to which climbers attach their harnesses as they climb to protect themselves from falls. Routes are rated for difficulty on a scale of 5.1 to 5.15.

2. **Trad climbing**, or traditional climbing, is similar to sport climbing but does not use fixed bolts for protection. Instead, trad climbers use a variety of small devices as anchors to protect themselves against falls, wedging them into natural formations in the rock as they climb.

3. **Bouldering** does not use protection at all. When bouldering, climbers stay close to the ground instead of climbing tall routes. Bouldering depends on a few difficult moves, rather than a succession of easier ones. Climbers say it is catching on quickly because it doesn't require expensive equipment, and people can get started quickly and easily. Routes are rated for difficulty on a scale of V-1 to V-14.

A GLOSSARY OF CLIMBING TERMS

Anchor A thick layer of treads that occur after a hand summer's climb in the Red.

Belt Information concerning the route or boulder problem.

Bushwhacking Threading through dense vegetation to get to a crag.

Capsule A large, overhanging hold. Also called a jug.

Chase Poor quality rock that crumbles under pressure.

Cropper A small edge that requires a certain lead-foot-hinge hold.

Crack The most difficult section of a climb.

Outright A redpoint (beta) made without prior knowledge of the route.

Pumped A buildup of lactic acid in the forearms causing pain and weakness.

Redpoint A ground-up, clean ascent made without falling or resting on protection gear.

Sandbagging Bad beta meant to thwart a climber's ascent.

Shambles When a boulder is climbing partner similar to a sporter; does not provide enough loose rope.

Whopper A lot of condensate height takes when leading a route.

CONTINUED ON PAGE 8

Not pumped yet
Phillip Nemes, a UK senior and avid climber, chalks his hands as he climbs Ethos Polio, a difficult route on Solar Collector, a wall at the Red River Gorge.

MICHAEL KENLEY / KENNEL STAFF

MICHAEL KENLEY / KENNEL STAFF

FRAME BY FRAME

Adam Sandler tries to forget that whole "Little Nicky" thing

PUNCH-DRUNK LOVE

Compiled by Frame
by Frame Editor
Lucas Thomas

Comedians make comedy movies. Comedy movies are funny and entertaining. Comedy movies never win any awards. Because of this, our beloved weavers of wisecracks and witticisms sometimes decide to branch out into more serious endeavors. We've seen Jim Carrey try his hand at such films as *The Truman Show* and *The Majestic*, and now it's time for Mr. Adam Sandler to take a shot at Oscar gold. His first attempt at serious cinema comes this weekend in the form of *Punch-Drunk Love*, in which he plays a man who has never known love. He's grown up as the only male in a house of women, with his seven sisters abusing and bruising his emotions. It's only when a mysterious new woman (Emily Watson) enters his life that he begins to turn things around. You'll recognize Watson from her portrayal of the young blind woman in the recent *Red Dragon*. Another *Dragon* star, Philip Seymour Hoffman, rounds out the cast for *Punch-Drunk Love* and makes this film a must-see.

Reeldeal, Regal



FORMULA 51

Samuel L. Jackson is one bad mutha. And it seems that everyone knows that but him, as he continues to crank out more and more films to reinforce the fact. In this newest venture, which sounds more like a division of NASCAR than a film, Sammy plays an expert chemist who discovers a crazy "thrill formula." The compound creates in humans a sense of exhilaration 51 times greater than any excitement possible without the use of drugs. It sounds weird, but if Samuel can succeed in making chemistry cool, he's got my money. Lexington Green, Regal, Woodhill



ABANDON

Wait a second, do they not make that Creek show anymore, or what? Here's Katie Holmes in a movie of her own — a timeless tale of a college student swamped with work. Katie's toils around the clock on her thesis and the job interviews filling her schedule book. Complicating the matter is the fact that her boyfriend went missing two years ago and nobody's found him yet. Can't the girl get some free time to relax? Sheesh. Lexington Green, Regal, Woodhill



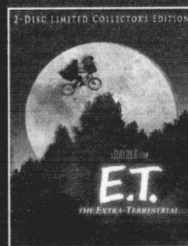
THE RING

Earlier this year, fans of scary movies were treated to *FearDotCom*, a film featuring a deadly Web site that killed whoever was unfortunate enough to visit it. *The Ring* is the same movie, except the internet domain has been replaced with a freaky videotape. If you watch this cassette, you've got a few days to solve its mystery before you meet your maker. They've made a horror flick about everything else, so why not Blockbuster? Yeah, that little sticker that says "Be Kind, Please Rewind" always seemed a little spooky to me, too. Lexington Green, Regal, Woodhill



E.T. LIMITED COLLECTOR'S EDITION

Well, this week is pretty slim on DVD releases, with only Robin Williams' *Insomnia* to note. That film, though good, doesn't quite achieve "Of The Week" status, so we'll jump ahead to a release coming up next Tuesday. It's the 20th Anniversary Edition of *E.T.* The special DVD set will feature the newly-enhanced version of the classic film, along with a boatload of extras. Most notable, however, is that *E.T.* will only be available on DVD for 10 weeks. If you think you'll want to watch this film in the next decade or so, better grab it before Christmas — because it's going back in Spielberg's vault for a good long while.



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1:40 4:20 7:15 9:30
THE TRANSPORTER (PG-13)
1:50 4:30 7:30 9:50
TUCK EVERLASTING (PG)
2:00 4:40 7:00 9:25
BROWN SUGAR (PG-13)
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GOTTA GIG?

If you have an entertainment phone number or an upcoming show you wish to put on the 'On Tap' listing, please e-mail rocketman@robmail.com, fax 323-1906 or call 257-1915.

A GUIDE TO WHAT'S GROOVIN' AROUND UK

OnTap...

For the week of
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MUSIC

TONIGHT

Lexington Blues Society Jam Session. 10 p.m. High on Rose. Tickets are free.

Barnhouse Effect. 10 p.m. Cheapside. Tickets cost \$3.

THURSDAY

Andrew Bird's Bowl of Fire w/ The Features. 10 p.m. High on Rose. Tickets cost \$5.

Jeff Coffin. 10 p.m. Fishtank. Tickets cost \$3.

Jacob Fred Jazz Odyssey w/ Da LEMMINGS Omsombol. 10 p.m. Mad Frog, Cincinnati. Tickets cost \$6.

Pork Tomado w/ Jon Fishman. 8 p.m. Bogart's, Cincinnati. Tickets cost \$15.

FRIDAY

bleuspace. 10 p.m. High on Rose. Tickets cost \$3.

Green Genes. 10 p.m. Fishtank. Tickets cost \$4.

Dennis Ervine Band. 10 p.m. Cheapside. Tickets cost \$4.

Guided By Voices w/ Superdrag. 9 p.m. Headliners, Louisville. Tickets cost \$15.

Funktelligence. 10 p.m. AiA. Tickets cost \$6.

SATURDAY

Green Genes. 10 p.m. Fishtank. Tickets cost \$4.

Chester w/ Even Homer Nods & Readymaid. 10 p.m. High on Rose. Tickets cost \$5.

Voodoo Symphony. 10 p.m. AiA. Tickets cost \$6.

1 - 900. 10 p.m. Cheapside. Tickets cost \$4.

Halias. 10 p.m. Bluegrass Brewing Company, Louisville. Tickets cost \$3.

The Recipe. 10 p.m. Barrell Brewing House, Cincinnati. Tickets cost \$10.

Yonder Mountain String Band. 10 p.m. Galt House Hotel, Louisville. Tickets cost \$35 for all day pass.

SUNDAY

The Misfits. 9 p.m. Bogart's, Cincinnati. Tickets cost \$16.

Bluegrass Collective. 9 p.m. Fishtank. Tickets are free.

TUESDAY

Club Dub Sessions. 10 p.m. High on Rose. Tickets cost \$3.

Ben Folds. 8 p.m. Singletary Center. Tickets cost \$20 - \$30, students get \$5 discount.

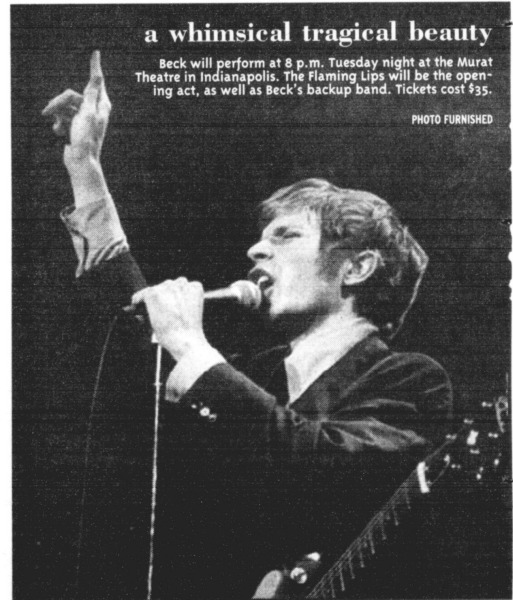
Beck w/ The Flaming Lips. 8 p.m. Murat Theatre, Indianapolis. Tickets cost \$35.

COMING SOON

Bonepony. 10 p.m. Thursday, Oct. 24. High on Rose. Tickets cost \$7.

Lennon w/ Goldfish Theory. 9 p.m. Friday, Oct. 25. MF Hooligans, Richmond. Tickets cost \$5.

Chitara Rhythm Section. 10 p.m. Friday, Oct. 25. Fishtank. Tickets are free.



a whimsical tragical beauty

Beck will perform at 8 p.m. Tuesday night at the Murat Theatre in Indianapolis. The Flaming Lips will be the opening act, as well as Beck's backup band. Tickets cost \$35.

PHOTO FURNISHED

Ekoostik Hookah. 8:30 p.m. Friday, Oct. 25. Bogart's, Cincinnati. Tickets cost \$15 - \$17.

Merry Pranksters. 10 p.m. Saturday, Oct. 26. Fishtank. Tickets are free.

Of Montreal w/ Big Fresh. 8 p.m. Sunday, Oct. 27. Mecca. Tickets cost \$5.

Trey Anastasio. 7:30 p.m. Tuesday, Oct. 29. Palace Theatre, Louisville. Tickets cost \$35 - \$60.

Phiasco Halloween Phish Tribute. 10 p.m. Thursday, Oct. 31. High on Rose. Tickets cost \$5.

Bob Dylan. 8 p.m. Saturday, Nov. 2. Hara Arena, Dayton. Tickets cost \$34.50.

birddog. 10 p.m. Saturday, Nov. 2. High on Rose. Tickets cost \$3.

G-Love & Special Sauce. 9 p.m. Monday, Nov. 4. AiA. Tickets cost \$15.

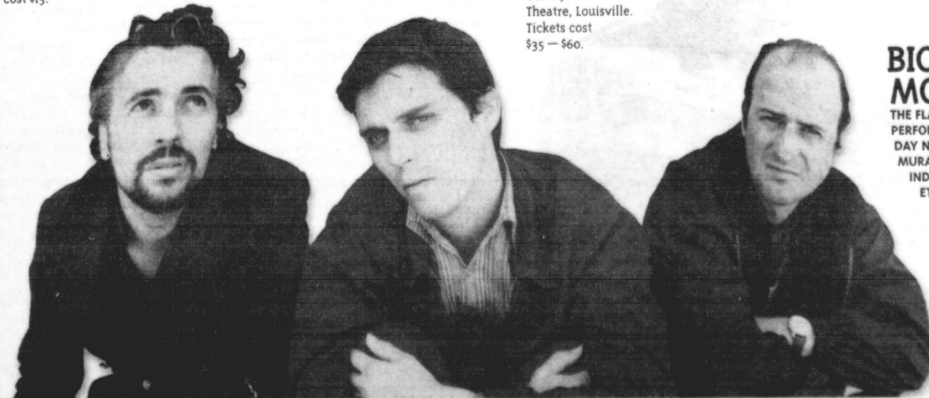
Ralph Stanley & The Clinch Mountain Boys. 8 p.m. Thursday, Nov. 7. Kentucky Theatre. Tickets cost \$28.50.

Dose. 10 p.m. Friday, Nov. 8. Fishtank. Tickets are free.

Herbie Hancock. 8 p.m. Wednesday, Nov. 13. Singletary Center. Tickets cost \$25, \$17 with student ID.

Bruce Springsteen & the E Street Band. 7:30 p.m. Thursday, Nov. 14. Rupp Arena. Tickets cost \$75.

—Compiled by On Tap Editor Robbie Clark



BIG MOUTH
THE FLAMING LIPS WILL PERFORM AT 8 P.M. TUESDAY NIGHT AT THE MURAT THEATRE IN INDIANAPOLIS. TICKETS COST \$35.

PHOTO FURNISHED

Hollywood jazz mogul will open 25th anniversary of music series

BY TIFFANI DOUGLAS
CONTRIBUTING WRITER

Terence Blanchard, considered one of the most important jazz musicians of his generation, will open the 25th anniversary of UK's Spotlight Jazz series.

Blanchard, a jazz trumpeter, is best known for his work in Hollywood. He has written numerous musical scores for such films as *Crooklyn*, *Malcolm X*, *Mo' Better Blues* and *Jungle Fever*. Blanchard said he started doing music for films "totally by accident." He was composing a piece for *Mo' Better Blues* when filmmaker Spike Lee heard him. Lee asked if he could use the piece and within a year, Blanchard composed, arranged and conducted a 50 piece orchestra for the movie *Malcolm X*. Blanchard said he "felt like I had to take a class in film" to keep up with how fast his Hollywood career took off.

A native of New Orleans, Blanchard said his music is rooted in the tradition of the bayou city. His style has been described as magical, lush and emotionally evocative. Blanchard said he strives to make his music personal. "I am always trying to communicate what I feel," he said.

Blanchard began playing piano at age 5. At age 8, he started playing the trumpet. He studied classical trumpet with Geoffrey Jensen and piano with Ellis Marsalis at the New Orleans Center for the Creative Arts. He went to Rutgers University in 1980, and emerged on the New York jazz scene in the early '80s, playing with Art Blakey and the Jazz Messengers.

In 1984, he won the prestigious Grand Prix du Disque for his album *New York Second Line*. *Wandering Moon*, an album that describes the life of a traveling musician, won a Grammy and was voted "Jazz Album of the Year" by *Downbeat* magazine's 2000 poll. The same year, Blanchard was also named "Trumpeter of the Year" and received

Terence Blanchard will bring his New Orleans-influenced jazz to the Singletary Center to open the 25th Anniversary of UK's Spotlight Jazz series.



Grammy nominations for his work in film compositions.

Blanchard has been compared to Duke Ellington, who was also a brilliant Hollywood jazz composer. Although Blanchard considers it an honor to be compared to Ellington, he said, "I don't even try to think about that. That's out of my realm of thinking."

Chris Barbee, director of Spotlight Jazz, said he and the Spotlight Jazz Committee decided to bring Blanchard to UK because of his talent. "I think his music is very innovative and creative," he said. Barbee, also a fan, described a previous performance by Blanchard as "one of the most amazing shows I've ever seen."

Despite his numerous accomplishments and extraordinary talent, Blanchard remains humble. Blanchard describes himself as just a "jazz musician" who loves to play music. On his success, he said, "I just wanted to play my horn. All this other stuff is gravy."

Terence Blanchard will perform at 7:30 p.m. Saturday, Oct. 19 at the Singletary Center. Following the concert, a 25th anniversary celebration will take place at the Alumni House for the Spotlight Jazz series, the longest running collegiate jazz series in the nation. Tickets for the show are \$14 for students and \$23 for the public.

CLIMBING

CONTINUED FROM PAGE 5

"Climbing here is phenomenally good," Ramsey continued. "It's unique to find rock with natural formations so good for climbing. I think the general consensus is that, for sandstone cliff lines, it is one of the best in the world."

The climbers relax along the rock ledge below the wall, mingling among each other and comparing the various areas they have climbed. Burton begins the ascent of Ethics Police, a route he has never tried before, and the others shout encouragement and "beta" up to him — beta being techniques and holds to look for when getting up the route.

"Traverse left," Nemes calls out. "Keep trucking, way to your left there."

Near the top, Burton tries to use a piece of eroded, brittle rock for a handhold. The rock breaks off, sending him tumbling off the wall. But, after he falls about 10 feet, his rope snaps tight, leaving him suspended from the last bolt he clipped into.

"I pulled off a big piece of choss," he calls down, referring to the weak rock. "It's a big (choss) pile from there up to the top."

They pass most of the day in this fashion, taking turns trying different routes up the wall, known as the Solar Collector because it catches a lot of sunlight. Toward the end of the day, they move to the dark side of Coal Bank Holler, so-called because it lies mostly in the shade.

Here, however, the wall remains wet from two days of rain. The moisture, combined with the steeply overhanging rock and minuscule holds that characterize the wall, keep them from trying any ascents. They turn back, saving the wall for a drier day.

AN UNEASY RELATIONSHIP WITH LANDOWNERS

The gorge's popularity has begun to cause problems of access and permission to bolt up climbing routes.

Though the climbing area is referred to collectively as the Red River Gorge, few of the routes actually lie within the official Forest Service boundaries of the gorge. Many of the climbing areas lie outside, in land divided up into a patchwork of property owned by oil companies, private citizens, the U.S. Forest Service and the Kentucky State Park System.

Each type of property has its own rules regarding access to climbing areas and permission to put up bolted routes.

Oil companies and private owners often cooperate with climbers, but permission is required, and climbers must respect the land, Burton and Nemes said.

The rules governing public lands are more complex.

"There was a place called the Pocketwall that was Forest Service land, until the state park bought it," Burton said. "You can climb on forest service land but not on state park land in Kentucky. So when they bought it, the state park chopped all the bolts and filled in the bolt holes."

The steep cliff lines prized so highly by the climbers are valued for other reasons as well. Rare and endangered species often occupy the cliffs, and they are also home to archaeological sites that date back at least 7,000 years.

The increased impacts brought on by the spread of climbing have increased the tensions between climbers, the forest service and other preservation groups. The conflict had grown to the point that the forest service was threatening to shut down several climbing areas.

Climbers then formed the Red River Gorge Climbers Coalition, a group dedicated to building relationships between climbers, landowners and the Forest Service. They also educate climbers, training them to climb responsibly and minimize the impacts they make on the land. Since then, climbers say, the relationships between them and government agencies has begun to improve.

BACK TO WHERE IT ALL BEGAN

Traveling back toward the highway, Burton and Nemes pass Miguel's Pizza, the local hub and haven for

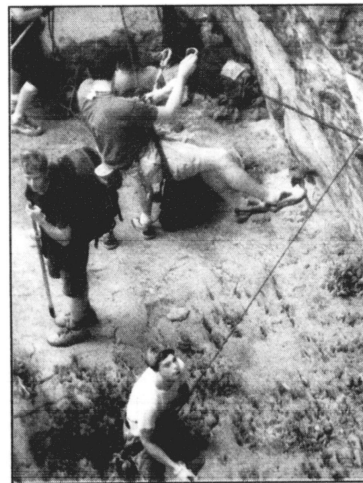


PHOTO FURNISHED

The climbing community at the Gorge has increased rapidly in the past few years, attracting climbers from all over the country. Here Morgan Burton and Phillip Nemes remove their protection equipment from the rock as they prepare to move to a different wall.

climbers.

The shop sells food and climbing gear, and offers camping for \$2 a night — for climbers only. "This is the place for climbers," said Miguel, the store's owner. "This is the center of it. I haven't turned the off the lights out front in eight years."

The scene at Miguel's is tranquil, as climbers camp, relax and eat tasty pies topped with as many as 30 toppings, including potato, wild rice and black beans. His current guests include people from all over the world, including Germany, South Africa and Asia.

"I never heave any trouble here," Miguel said. "People are here to climb, not to make trouble or party."

Miguel said his prohibition against non-climbing campers is enforced. "I can't take the public," he said. "Climbers and the public don't mix well. It's good for them to have their own place."

Miguel's has been there since the beginning, changing and evolving as sport climbing grew in the Red. It opened as an ice cream parlor in '83, selling mostly to tourists and families, before climbers started hanging out there.

A few years later, a man named Tom Martin began selling climbing equipment from the store, and the spot's status as the climbing Mecca of the Red was well established.

Perhaps Miguel's greatest contribution to climbing, however, came in '91, when it served as home to the father of sport climbing in the gorge — Porter Jarrard.

Jarrard came to the Red in '91 from West Virginia's New River Gorge, and began bolting up routes throughout the area. After making the routes, he began writing about the area in climbing magazines. Climbers throughout the world read the magazines, and began herding to the Gorge in droves.

"Porter Jarrard put this place on the map," Nemes said.

While building up the Red, Jarrard stayed at Miguel's, in the "love shack," a cabin on the grounds behind the pizza shop.

"Jarrard was an artist with his ability to see routes," Miguel said. "He came here and did his thing, with friends. He made this place."