

# THURSDAY KENTUCKY KERNEL

Weekend  
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people short on  
time and  
money  
I PAGE 6



July 22, 2004

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## Small town charm brings Hollywood film set to Versailles

Director Cameron Crowe found small-town atmosphere, perfect location for his next movie, *Elizabethtown*

By Stephen Burnett  
STAFF WRITER

Versailles was in bloom and Bloom was in Versailles last Monday, filming for his latest movie *Elizabethtown*. Yes, that was Versailles, Ky., and yes, that was Orlando Bloom, also known as Legolas in the *Lord of the Rings* trilogy and Will Turner in last year's *Pirates of the Caribbean*.

Dozens of fans lined Rose Hill Avenue in Ver-

sailles in front of the Clark Funeral Home, where some- where inside, director Cameron Crowe was filming scenes for *Elizabethtown*. The movie also stars Kirsten Dunst (*Spider-Man 2*) and Academy Award winner Susan Sarandon.

"Most of the films I've worked on have been shooting only in L.A., which is different," said film publicist Paulette Osorio. "It's very normal to be walking down a street in L.A. and see a cam-

era crew

"Here it's different," she said. "People who live here don't have this happen, ever."

Fans of varied ages, from preteen to adult, waited patiently outside throughout the cool morning and into the noon heat.

Girls carried magazine pictures of Bloom and home-made signs: "We love you, Orlando," "Kiss me" etc.

Others just wanted to look behind the scenes, like former UK telecommunications student Lonzell Watson. "I'm just seeing how the big boys do production to-

day," said Watson, who's now a local TV director/producer in Frankfort. "I would have liked to have studied film, but there wasn't a film major at UK."

"I'm just hanging out here for the experience of watching it," said Tamara Semones, a drama teacher at Woodford County Middle School. "This is my third day I feel like I've become a 'groupie.'"

But she said her waiting had paid off during Main Street filming last Friday: "I got Orlando Bloom's autograph. I shook his hand and I told him I was an eighth

grade middle school teacher, and he goes —" in her best Bloom voice. "How do you manage that?"

Fans quickly got used to another Bloom "imitator" who mingled with them outside the set — 20-year-old John Glass.

"I'm his photo double," Glass said. "So I'm kind of like in vehicles, driving or walking from faraway distances. That way they can't see who it is, but it just looks like the person."

This is the second movie for Glass, who's also a theater major at the University of Tennessee in Knoxville.

Already he's met Cameron Crowe, Bloom, Sarandon, and Dunst easily.

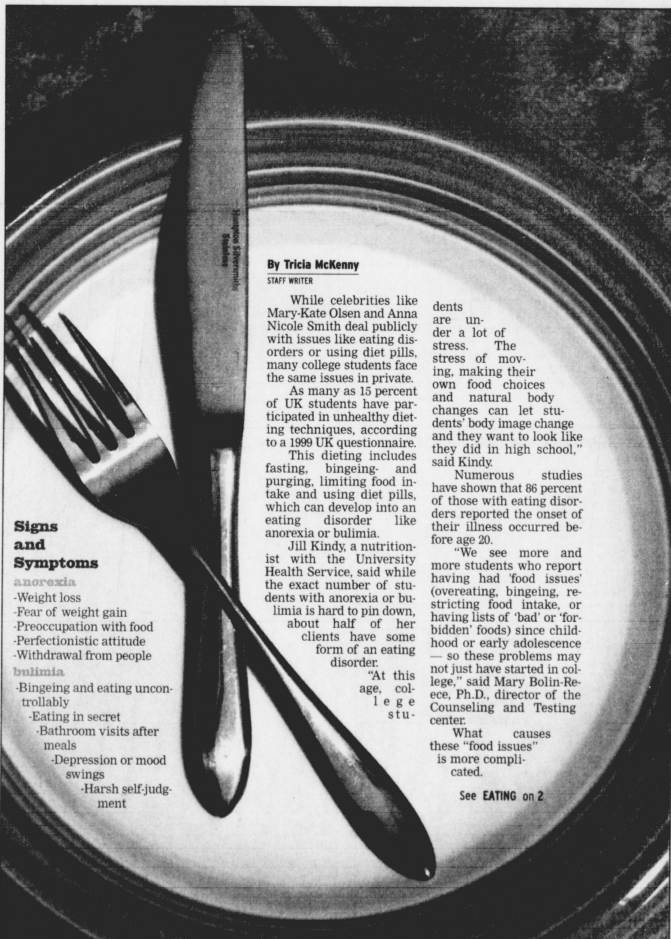
"After we're done here, we actually go back to L.A. and finish up," publicist Osorio said.

The plot for *Elizabethtown* involves a suicidal man (Bloom) who returns to Elizabethtown, Ky. for his father's funeral. "an outrageous memorial," according to the Internet Movie Database. He meets flight attendant Dunst and falls in love.

The movie is scheduled for release in 2005.

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## Societal pressures set stage for student eating disorders



By Tricia McKeeny  
STAFF WRITER

While celebrities like Mary-Kate Olsen and Anna Nicole Smith deal publicly with issues like eating disorders or using diet pills, many college students face the same issues in private.

As many as 15 percent of UK students have participated in unhealthy dieting techniques, according to a 1999 UK questionnaire.

This dieting includes fasting, bingeing and purging, limiting food intake and using diet pills, which can develop into an eating disorder like anorexia or bulimia.

Jill Kindy, a nutritionist with the University Health Service, said while the exact number of students with anorexia or bulimia is hard to pin down, about half of her clients have some form of an eating disorder.

"At this age, college stu-

dents are under a lot of stress. The stress of moving, making their own food choices and natural body changes can let students' body image change and they want to look like they did in high school," said Kindy.

Numerous studies have shown that 86 percent of those with eating disorders reported the onset of their illness occurred before age 20.

"We see more and more students who report having had 'food issues' (overeating, bingeing, restricting food intake, or having lists of 'bad' or 'forbidden' foods) since childhood or early adolescence — so these problems may not just have started in college," said Mary Bolin-Reece, Ph.D., director of the Counseling and Testing center.

What causes these "food issues" is more complicated.

See EATING on 2

### Signs and Symptoms

- Anorexia
- Weight loss
- Fear of weight gain
- Preoccupation with food
- Perfectionistic attitude
- Withdrawal from people
- Bulimia
- Bingeing and eating uncontrollably
- Eating in secret
- Bathroom visits after meals
- Depression or mood swings
- Harsh self-judgment

## Retired journalism professor dies, 57

By Jason McAllister  
MANAGING EDITOR

Maria Braden, a retired UK journalism professor who was inducted into the Kentucky Journalism Hall of Fame this year, died at her home Tuesday from complications due to colon cancer. She was 57.

Braden began teaching at UK in 1980, and taught for 21 years in the School of Journalism and Telecommunications, before retiring in 2001.

Some of her classes included news reporting, newspaper and magazine writing, legislative reporting, ethics of journalism, media diversity and etymology.

"She was the epitome of a hard hitting beat reporter," said Angelo Henderson, a former student of Braden's, who won the 1998 Pulitzer Prize for feature writing, and is now the associate editor of *Real Times News*, in Detroit. "We actually went to Frankfort for class to cover state legislature. It was hands on — a lot of professors talk about journalism as a craft, but she talked about it as a job."

"She had a real heart, she was supportive, kind and appreciated good journalism and good writing. She might like you, but that doesn't mean she wasn't gonna be on you to get it right," Henderson said.



Braden

Lisa A. Brown, the current UK director of Student and Multicultural Affairs, first met Braden in the summer of 1985 when she came to Brown's high school to talk about the Dow Jones Summer High School Workshop for Minority Students, Brown said.

High school students in the program learned to write stories and published their own newspaper. When Brown went on to attend UK, Braden became her academic adviser.

"One of her greatest assets as an adviser was that she was genuinely concerned about her students outside of the classroom," Brown said. "I would stop by after graduation and she would have me sit down and talk, and was interested in what I was doing."

Brown later became a counselor for the 1990 and 1992 summer workshops where Braden helped her get started. During her teaching career, Braden wrote articles and book reviews for newspapers and magazines, and also published three books: *She Said What: Interviews with Women Newspaper Columnists; Women Politicians and the Media;* and with co-author Rick Roth she wrote, *Gawing the Message Across: Writing for the Mass Media.*

Braden received a national teaching award for excellence in teaching of writing from the Poynter Institute for Media Studies, and became the first woman promoted to full professor in the School of Journalism and Telecommunications at UK.

Born in New York, N.Y., Braden was a daughter of the late William and Lachland Braden. She graduated from McGill University in Montreal Canada in 1968, with a B.A. in English and Philosophy, and then worked for two years as a reporter for the Worcester (Mass.) Telegram and Gazette.

Later, she was a reporter and editor for 10 years at the Associated Press in Louisville, where she covered state government, state and national political campaigns and state and federal courts, before moving into her teaching career.

Braden is survived by her husband, Joseph H. Clark, of Lexington; her children, Mia and Joseph Clark, both of Chicago; and her brother, Dr. William Braden of Providence, R.I.

Braden's memorial service will be at 2:30 p.m. Friday at St. Paul Catholic Church, Kerr Brothers Funeral Home on Main Street is in charge of arrangements. Contributions are suggested to the Markey Cancer Center, 800 Rose St., Lexington, Ky. 40536.

E-mail jasonalister2@hotmail.com

### Extended Forecast

Friday	Saturday	Sunday
Isolated Thunderstorms	Thunderstorms	Thunderstorms
86   64	81   62	80   62
HIGH   LOW	HIGH   LOW	HIGH   LOW

### INSIDE

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# ONTAP

### FOR THE WEEK OF JULY 22 - JULY 29

#### MUSIC, ETC.

##### TONIGHT

**Las Lobos**  
8 p.m. Kentucky Theatre. Tickets cost \$38.

**The Woggles w/ American Werewolves**  
9 p.m. The Dame. Tickets cost \$5.

**Drowning Pool w/ Flaw, Drop Box and Atomsby**  
7:30 p.m. Bogart's. Tickets cost \$15.

##### FRIDAY

**Iris DeMaat w/ Jesse Harris**  
7 p.m. The Dame. Tickets cost \$16 advance, \$18 at the door.

**Project Revolution Tour w/ Linkin Park, Nove, Snap Dopey, and the Used**  
2 p.m. Riverbend Music Centre. Tickets cost \$37.50 to \$49.50.

##### Mandacino

11 p.m. The Dame. Tickets cost \$5.

**Hassan w/ Ben Jelen and Michael Toker**  
8:00 p.m. Bogart's. Tickets cost \$25.

##### SATURDAY

**Three Wheel Motion w/ Chris Cambell and Burn Home Burn**  
9:00 p.m. The Dame. Tickets cost \$5.

**Jerry Seinfeld**  
7-9:30 p.m. Aronoff Centre, Cincinnati. Tickets cost \$45 - \$75.

##### SUNDAY

**Shameta Copeland and Kilo Taylor**  
WURY Blues, Brews and Barbecue. 7 p.m. Red Mile. Tickets cost \$65.

**Slings w/ Annie Lennox**  
7 p.m. Riverbend Music Centre. Tickets cost \$31.50 - \$92.

**Gavin DeGraw w/ Marc Brossard**  
Kentucky Kingdom. Free with park admission.



Las Lobos plays tonight at the Kentucky Theatre as part of the Troubadour Concert Series. The concert starts at 8 p.m.

**MONDAY**  
**Barnebise Effect w/ Papa's Downy and Primethers**  
8 p.m. The Dame. Tickets cost \$3

**TUESDAY**  
**Jay Farrar w/ Cary Hudson**  
8 p.m. The Dame. Tickets cost \$16

**Warped Tour Jr. w/ Simple Plan, Yellowcard, Sugar Cult, My Chemical Romance, and Flopping Molly**  
12 p.m. The Belvedere, Louisville. Tickets cost \$25.50

**WEDNESDAY**  
**Brother Dealing w/ Big Fresh**  
7 p.m. The Dame. Tickets cost \$5.

**THURSDAY**  
**Liquid Fire w/ Face the Day and Starless**  
9 p.m. The Dame. Tickets cost \$5.

**Clutch of The Bakerton Group**  
8:30 p.m. Southgate House. Tickets cost \$16.

**\*COMPILED BY EDITOR IN CHIEF AND ON TAP EDITOR EYAN EISENBERG**

## EATING

Continued from page 1

"Body image problems stem from many factors," Kindy said. "Socially, thinness is promoted by the media and television."

American social culture can be a factor in increasing rates of eating disorders.

"Other cultures don't have these problems, but as they become more Westernized, and see more American images, obesity and eating disorders both tend to increase," Kindy said.

"I'm afraid that these images of perfection are setting up 95 percent of the population to fail," Bolin-Reece said.

"[Students should] realize that if you look at those magazines, what you are seeing is not real," Kindy said.

She said many studies show that these unrealistic images can contribute to lower self-esteem.

A study had participants take a self-esteem exam before and after looking at images of idealistic women in magazines. The scores on the exam were much lower after viewing these images than before, said Kindy.

While social factors can contribute to body image problems, they are not the only factor.

"Eating disorders and body image are complicated, multi-determined concerns — not caused by any single factor such as the media or a specific diet. Typically there is a mix of factors, including interpersonal relationships and often issues about control of one's life and decision-making," said Bolin-Reece.

"Nutrition is a symptom. You must find the root issue and treat that," said Kindy. Treatment for these issues varies depending on the patient and their specific needs.

"The most common problem is bulimia. Many people don't know that because anorexia is more prominent and gets more attention because it is more noticeable. Bulimia is secretive and affects people who are thin, overweight, or average. They are in hiding, burying their problem," said Kindy.

Once in treatment, patients have physical and psychological issues to deal with.

"During treatment, you deal with refeeding syndrome. It is the same as if someone was starving in the woods for three months. You can't just give them a big

steak dinner, you have to take it slow," said Kindy. "The G.I. tract is a muscle. If it is not used, it gets out of shape and you will feel sluggish and bloated."

In treatment, Kindy said it is important for patients and those around them to remember they are fighting a disease.

"A lot of people think someone is just trying to get attention but that is not true. No one says, 'I'm going to be anorexic,'" Kindy said.

An eating disorder is similar to cancer, she said. It is not shameful, it just happens to some people and not just women.

"I believe that males today are subject to many of the same media influences that females have been bombarded by for years — magazine covers of impossibly perfect-looking and airbrushed images of people with no wrinkles and perfect teeth," said Bolin-Reece.

"Even magazines like *Men's Fitness* and *Men's Health* — which do provide information on health, nutrition and exercise — have on the covers and throughout the pages images of males who in no way represent the typical physically healthy male," she said.

These images may lead some to turn to chemical assistance to achieve the de-

sired look by using diet pills.

Kindy said students using diet pills tend to worry her because of the dangers of the drugs.

"Diet pills are a billion dollar industry, so people are definitely using them. You can get it anywhere, even in a gas station. They are dangerous because they are not regulated by the FDA. If you get 200 mg of Tylenol, you know each pill has 200 mg. With diet pills, there is no way to know whether you are getting the listed amount, less than that, or as much as three times as much as you think," Kindy said.

Testing Center offers its services to students facing problems with diet pills, eating disorders or body image problems, and Kindy said it is important for students to seek help if they have any of these problems.

"Many important life decisions and changes occur in late adolescence and early adulthood, including becoming more independent and self-defining," said Bolin-Reece.

"I'm sad when I see students whose sense of self is linked so much to whether others like or value them for their looks."

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## Olympian no longer afraid of water

Former UK All-American cites discipline, ambition, hard work, spirituality as keys to swimming successes

By Yohana Valdez  
CONTRIBUTING WRITER

On July 8, UK gained additional alumni bragging rights with Rachel Komisarz's win at the Olympic Swimming Trials in Long Beach, Calif.

That day's win in the 100-meter butterfly placed Komisarz on the 2004 USA Olympic Team. The 27-year-old from Warren, Mich., placed 6th in the 200-meter freestyle relay, affording her one of four spots on the Olympic team in the 800-meter freestyle relay.

Komisarz's path to making the Olympic swim team was not the most direct. She embarked on her athletic career at the age of eight as a gymnast, but fractured two vertebrae at 16 and was unable to continue training.

"I thought my world was ending," Komisarz said. "I had spent four hours a day in the gym since I was eight. All I could think was, 'What am I going to do now?'"

During her rehabilitation, the doctor said the only way she could take off her cast was if she was lying down or swimming. Opting not to lay on her back, Komisarz instead decided to get into a pool.

"I was not a very big water person," she said. Swimming was merely the lesser of two evils.

"It wasn't even halfway through the first day before a lifeguard had to get in and save me," Komisarz recalled. It was a long time before she could be in a pool without someone holding her or standing close to her. Despite her aversion to the water, Komisarz was able to parlay the strength and coordination she had developed through gymnastics into swimming success. Within her first year and a half as a swimmer, Komisarz had won two state titles.

Komisarz joined the UK swim team under Coach Gary Connelly in 1995. When she started swimming at UK she realized, "Everyone [here] has won state titles. I'm nothing special." She says that at this point, she

was not even thinking about the Olympics. When she placed 16th at the NAAs, she did not feel that she was close to being a contender.

Nonetheless, after her four years at UK, where she won three SEC championships and was a six-time All-American, she competed at the 2000 Olympic Trials. Her plan was to retire following the trials. "I entered," she said, "not thinking I had a chance." After she saw that she was still getting faster, she decided not to quit just yet. In 2001, she made the U.S. National Team.

Coach Connelly describes Komisarz as "the most motivated athlete" he has ever known. "Every day she brought a level of intensity to practice, and she never complained. Every day she gave a hundred percent."

Connelly also describes Komisarz as naturally competitive, adding, "Komisarz is the type of athlete that would have been great in whatever she picked. It is gratifying to see her get what she has been after. Now it is time for her to get the gold."

Training at UK under Connelly was an essential step in Komisarz's ascent to the Olympics. "While most swimmers begin at age six or seven, I didn't start until I was 16," she said. At UK, Komisarz was able to gain endurance and strength. She fine-tuned for the Olympics at Lakeside Swim Team in Louisville with her current coach, Mike DeBoor.

DeBoor enjoys working with Komisarz. "She is very focused and driven," DeBoor feels that Komisarz's age gives her an advantage. Being 27 allows her to be better equipped to handle competitive pressure than most of the teenagers she will be competing against, he said. Prior to the Olympic trials, Komisarz's routine with DeBoor consisted of nine to 10 workouts of at least two hours per week. She also did aerobics, Pilates, Tae Bo, and weight training. Additionally, said DeBoor, "Rachel led a clean life. She has never been into partying." Now



ASSOCIATED PRESS

UK graduate Rachel Komisarz will medal at the 2004 Athens Olympics, said Mike DeBoor, her current coach.

that she has made the team, her regimen consists of working out for four hours in the water daily, spending three days per week weight training and exercising.

DeBoor attributes many of her accomplishments to the hard work she put in at UK. Because she began swimming considerably later than many other swimmers, she has not broken down like so many worn out athletes. "She is now more hungry to reach for the top of the world." On Aug. 14, the date of the 100-meter butterfly in Athens, DeBoor predicts, "She will medal."

Komisarz is no stranger to the world medal stand. She won five medals at the 2001 World University Games and also medaled at the 2003 World Championships, the 2002 Short Course World Championships and the 2001 World University Games.

Komisarz comes from a closeknit family. Her father is a truck driver, and her mother, Karen, is an administrative assistant. She is the

middle child of three. Karen Komisarz is most proud of her daughter's level of devotion. "She never gave up even though she was too old for the Olympics." That devotion comes through not only in her athletic career, but also in her spirituality. "She puts God first in her life. She is a good daughter and a good person."

After swimming, Komisarz is thinking about returning to school, saying she could go "anywhere from nursing to the Police Academy." Komisarz's interests show a desire to help people. "I've been so blessed...it would be great to be able to give that back."

Komisarz traces her life's trail back to a decision she made when she was young. "In my life I had a choice to do something great or watch someone else do something great. I chose to do something great."

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She is ... hungry to reach for the top of the world."

—Mike DeBoor, Rachel Komisarz's swim coach for Lakeside Swim Team in Louisville.



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**QUOTE OF THE DAY**

She had a real heart, she was supportive, kind and appreciated good journalism and good writing. She might like you, but that doesn't mean she wasn't gonna be on you to get it right."

- ANGELO HENDERSON, A PULITZER PRIZE WINNER AND FORMER STUDENT OF THE LATE MARIA BRADEN



**IN OUR OPINION**

## Stickers bump the truth

Harsh campaign bumper stickers popping up in drive-thru lines and traffic jams are becoming all too common as we near election day, but it seems this year's batch is especially offensive.

For example, one sticker circulating around Louisville is "Kerry is bin Laden's man, Bush is mine." This is a dangerously false statement, a pathetically transparent attempt by the GOP to garner votes and the Kerry in with the so-far USSR of the 21st century. The argument of the stickers implies that Osama bin Laden would have an easier time dealing with Kerry's government than Bush's government, which is up for debate considering the three-year goose egg the Bush administration has laid in finding him but the most offensive part of the sticker is its language.

It is nothing more than a bait-and-switch argument that couples Kerry with the war and its lack of success in finding bin Laden, a problem the Bush administration and thus the GOP, as the elected leader and the leader's party, are more responsible for. If they had found bin Laden by now, would this sticker have been printed? The language is offensive to many Americans, who see Kerry's name coupled with bin Laden's as a cheap negative campaign ad that uses hatred of terrorism to steer votes away from Kerry while shifting attention away from the GOP's lack of a second-term agenda and lack of hard evidence surrounding the reason for going to war with Iraq in the first place — weapons of mass destruction.

Bush says the decision to invade Iraq over UN resolutions against it was justified because he removed an acknowledged America-hater who had the potential to use

weapons against us. Bush's argument, then, is that now because Saddam is gone, the world is devoid of people who have these traits. This does not gel with Secretary of Homeland Security Tom Ridge and National Security Advisor Condoleezza Rice's fluctuating terror alert level, which seems as frighteningly random as the wheel on a Twister game. Raise your right hand to red, Mr. President. Are we safe or aren't we?

The Democratic ticket, Kerry and Sen. John Edwards, did vote to give the President pre-emptive strike authority shortly after the 9/11 attacks. But who would have honestly voted against it shortly after the worst terrorist attack in American history? The fact that he is regretting it now doesn't make him any more "bin Laden's man" than any of the Senate Republicans who are now regretting passage of the Patriot Act.

If anything, Congress was put under duress by the administration to get something done immediately after the attacks to show a strong response and the second-guessing now is showing that the situation was not thought through as thoroughly as it should have been.

The GOP's tactless tactics must be protested in a way that will get through to them. Americans, especially Kentuckians, can play their part in stopping this contemptible charade by not displaying the car stickers on their vehicles. If you support Bush, find another way to make it known. Campaigns have enough ways to gain support that people do not need to waste their time on bumper stickers that are such an obvious ploy to dupe the American people into thinking John Kerry is soft on terrorism simply because he is a Democrat.

## Don't battle eating disorder alone



**Moira Bagley**  
EDITOR IN CHIEF

In light of today's article on eating disorders, I'd like to reach out to the readers who might know someone struggling with the disease or facing it themselves.

Having an eating disorder is something no one should face alone.

I've seen too many people, both friends and acquaintances, battle with the demon that is anorexia. Even I fell victim to the desire to control my weight by not eating.

Having dealt with the problem from

the angle of both friend and of victim, I've seen how anorexia destroys friends and relationships. It's a sad downward spiral that doesn't have to happen.

There are so many resources available for people who are struggling with the effects of an eating disorder on campus and nationally. If you can help a friend or help yourself by accessing one of these programs or Web sites, you are doing a great service to yourself and your loved ones.

The Counseling and Testing Center located in Frazier Hall has psychologists available to provide individual and group therapy free of charge for students carrying more than six hours each semester.

The University Health Service's

physicians and nurses can provide health assessment and education. The UHS psychiatrists can provide medication consultation and prescriptions and their registered dietitians can provide nutrition assessment and education.

You can also contact the American Anorexia/Bulimia Association at 418 E. 76th St., New York, N.Y., 10021. And the National Anorexic Aid Society can be found at [www.laureate.com](http://www.laureate.com).

Don't let yourself or a friend suffer from an eating disorder alone; there is a way out.

Moira Bagley is a journalism senior. Her views do not necessarily represent those of the Kernel.

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## Protesting the protestors



**E. Stephen Burnett**  
KERNEL COLUMNIST

Guess what — the Democratic National Convention is starting up in Boston this Monday. This pre-election scene will definitely peak to an exciting conclusion when delegates finally nominate their candidates, and the winners are: a couple of multimillionaire Liberal senators named John!

In case you haven't noticed, the Johns say they can beat President Bush with a list of official campaign positions entitled, "The NOT Doing Whatever Bush Does." List. They're a little short on specifics and long on words like All and Every: health care for All Americans, prescription drug coverage for Every senior, help for All poor children, restoring "respect" among All the rest of the world (France), etc.

Of course, conservatives are planning to protest the Johns and the Democrat convention in their usual, aggressive right-wing manner: by speaking into radio microphones, or writing from their internet newspaper cubicles.

These disgusting methods of usurping democracy will undoubtedly irk Democrats, but it's all in fun; we know this is how the games are played. Conservatives protesting liberals play Rock, Paper, Scissors, and Liberals who protest anything play caged, affirmative-action WWF.

Witness the "anti-war" demonstrations of last year, or this year or 1973 or whenever — they're all the same. Most of the protestors are students, or think they still are, and they put on funny hats, burn large paper dolls, and wave brightly-colored pictures of Bush with a mustache colored on his lip, and they throw things at people, then yell and squirm when they get arrested, which tends to happen often.

So, many fringe Liberals are planning to protest the Republican National Convention in late August, in New York City. Surprised? Not really — what could be new about that?

How about near-terroristic threatening? *The New York Daily News* reported on July 13 that some protestors have suggested going to shooting ranges so they'll have the smell of gunpowder on themselves. That will fool bomb-sniffing dogs on city subways, so the police will come running, and before long, "the situation will cause a major disruption of the train schedule... With any luck, Madison Square Garden will be evacuated," a protester said in an internet post, according to the *News*.

Other alleged techniques include rolling marbles under the hooves of mounted officers' horses to trip them, and leaving traces of ammonium nitrate around (common in some explosives) to confuse the dogs.

Not all protestors are planning this, of course. Some of them will dress up in black, and whack sticks at McDonald's and Starbucks establishments, too.

No, seriously I'm sure most of these protestors will make their points peaceably. In America, we're all free to discuss our ideas without violence, and we're free even to dress up in stupid suits and wave Bush-with-mustache signs to prove those ideas."

We're also free to plot systematic methods of *revenge*. That's what I'm doing, using the judicial philosophy of "Living" Constitution, which means the words mean whatever I think they do right now.

So, if you agree, and if you're going to the festivities (or even if you don't care and just want to irritate people), I'm suggesting a few simple icky tricks that will utterly horrify members of the Democrat convention from within. First, sneak in by hiding behind Michael Moore. If you are spotted anyway, shout this pass-code: "Proletariat workers rise!" The guards will know you belong.

Once you're safe and inside, try one of these outrageous, democracy-usurping stunts:

— Say the Pledge of Allegiance: the whole thing, with the words *under God*.

— With a megaphone, yell at Every opportune speech moment, "Peace! Peace!" Upon receiving cheers, add, "Through superior firepower!"

— At any point during Ron Reagan's speech, scream hysterically, "INFIDELLLLLL!" until security guards arrive to guide you gently to the dreaded Liberal Dungeon of Doom — anger-management classes taught by a droning man named Albert.

— Wave a flag — an American one, and if you are Toby Keith, yell, "You'll be sorry you missed with the U.S. of A. / 'Cause we'll put a boot in your (uh-uh), it's the American way!"

— If you are not Toby Keith, singing "God Bless America" will do.

— If you have a spouse of the opposite gender, kiss him or her, only because you mean it.

— If you have a church, invite members along and begin a ministry to the poor and homeless in the city, giving out food and clothes. If a group of ACLU attorneys finds you and shouts something incoherent about a "wall of separation" between church, state and charity, tell them something nonviolent like, "Jesus loves you!" and watch them yank their pointy little beards in rage.

— Below, "HOO-AHHHH!" whenever Bush's name is mentioned. Use the megaphone mentioned earlier.

And of course, there's this soon-to-be-popular election slogan, containing much political and moral reasoning and profound thought about the actual issues:

"Flush the Johns in 2004!"

E. Stephen Burnett is a journalism junior. His views do not necessarily represent those of the Kernel. He can be reached at [Stephen2120@aol.com](mailto:Stephen2120@aol.com).

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## Take a mini-vacation on a low budget

Without spending a fortune on gas and hotel rooms, you'll find these weekend getaways within reach

By Caitlin Largent  
CONTRIBUTING WRITER  
and Moira Bagley  
EDITOR IN CHIEF

Ah, daydreaming about the beach. Not this year. Summer classes, work and tight on cash - again.

All is not lost, though. There's still plenty of time between now and the beginning of school to take a mini-vacation. Grab your friends, some good tunes and fill up the tank - it's time for a road trip!

Northern Kentucky and Cincinnati provide entertainment like sports, shopping and an exciting nightlife. About 75 miles north of Lexington, the Greater Cincinnati area is a perfect getaway if you're looking to save money on gas. Newport on the Levee, a unique mall in Newport, Ky., has indoor and outdoor shopping, restaurants and a movie theater. Visitors can observe marine life at the Newport Aquarium located in the Levee.

Cross the river and sports fans can attend a Reds game in downtown Cincinnati's new Great American Ball Park stadium. Tickets range from \$5 to \$200. A schedule of home games is online at [www.cincinnatireds.com](http://www.cincinnatireds.com).

About 30 miles north of Cincinnati is Paramount's King's Island, an amusement park that attracts visitors from across the country. The park is nationally known for famous attractions like The Beast, the country's longest wooden roller coaster.

Cheap concerts and a rich history of music can be found about 215 miles south of Lexington in Nashville, Tennessee. Often called "Music City," Nashville is home

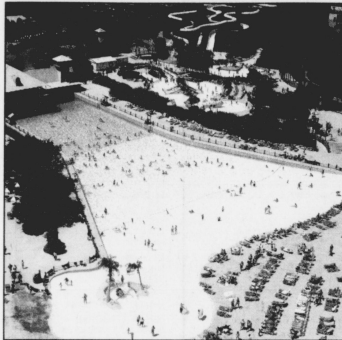
to the Country Music Hall of Fame and the historic Grand Ole Opry, the world's longest running live radio program. Visitors can attend live performances of country musicians at the Opry on Friday and Saturday nights, with tickets from \$29.50 to \$44.50.

If money is scarce, The Grand Ole Opry Plaza hosts the annual Opry Plaza Parties, free music festivals on Friday and Saturday nights featuring different country musicians each night. Also affordable, Dancin' in the District, a four-hour concert every Saturday in downtown's Riverfront Park, features a variety of artists including Kanye West, Everclear, Fuel and Blondie. Tickets are \$5 if ordered in advance or \$8 the day of the show. The opening acts start at 4:30 p.m. For a schedule of performances, visit [www.dancininthedistrict.com](http://www.dancininthedistrict.com).

A more relaxing getaway can be found at Lake Cumberland. About 90 miles south of Lexington, Lake Cumberland is the perfect substitution for the beach. One of the largest man-made lakes in the country, Lake Cumberland provides water activities such as fishing and water-skiing. Jet skis, pontoon boats and speed-boats are also available to rent. The Lake Cumberland State Resort Park has 147 campground sites with showers, restrooms and laundry facilities. Other activities include hiking trails, horseback riding and tennis.

Heading west, you'll find lots to do in Louisville. The Louisville Slugger Museum, the zoo, Kentucky Kingdom Amusement Park and starting next month, the Kentucky State Fair are all places to visit.

If you need to get back to



Six Flags Kentucky Kingdom, in Louisville, is close enough to visit on a day-trip, but can be just the thing to vacation itch.

JONATHAN PALMER  
PHOTO EDITOR

nature, there's no better place than the Red River Gorge in Eastern Kentucky, about 45 minutes away in the Daniel Boone National Forest. Ready for hiking, camping, rock climbing and more. For directions visit [www.redrivergorge.com](http://www.redrivergorge.com).

Any of these affordable vacation spots are sure to break up the monotony of

summer. To search for entertainment in other nearby cities, visit [www.citysearch.com](http://www.citysearch.com).

No matter how little time or money you have this summer, it's not too hard to treat yourself to a mini-vacation before you get back to school.

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