

CUTTING COSTS: Salon and spa care for cheap



Slimming down: New column weighs in on struggle to lighten up

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WWW.KYKERNEL.COM THURSDAY JANUARY 24, 2008

# KENTUCKY KERNEL

CELEBRATING 37 YEARS OF INDEPENDENCE

## Online voting approved for spring elections

By Katie Saltz  
ksaltz@kykernel.com

Online voting will now be available from any computer for the spring Student Government elections after the full Senate passed an amendment to the Elections Act last night.

Last March was the first time online voting was used in a spring election, but there were online voting booths set up, rather than making every computer a possible polling location.

The freshman election in early November was the first election to allow voting from any computer using the SG Web site. About half the freshman class voted in the election, a higher turnout than the past, with about 1,200 less voters than the 2007 spring election, in which the entire student body could vote.

Sen. Tom Rauf said increased interest in the freshman elections showed that using the Internet is more beneficial to students.

"When we gave students the option to vote online or at polling locations, a lot more supported online voting," Rauf said. "The campus polling locations weren't being used much at all."

Polling locations on campus will still be used in the election with the passage of the amendment, but the change will add the ability for students to view candidate profiles and vote online from any computer for the first time in a spring election. Other changes to the act included modifying the hours that students can vote, which Rauf said would give the Election Board of Supervisions more flexibility and make it easier and more accessible for students to vote.

The Senate also unanimously confirmed the members of the Election Board of Supervisions, which monitors and runs the spring election.

Also at the meeting, the Senate passed a resolution that requested the commissioner of the Southeastern Conference to implement a ticket policy for all regular-season football games that would allocate a minimum of 500 tickets for the students from the visiting team.

Sen. Blake Burnett co-sponsored the resolution and said this request is part of a collective effort from the majority of SEC universities.

"Other SEC schools have made resolutions like this," Burnett said. "We just want to make sure that every student in the SEC has the opportunity to go see their team play."

Sen. Jeff Barbee opposed the resolution and said it would make it easier for opposing teams to bring more fans to UK games.

"If we're having a home game, we need to do whatever we can to give our team an advantage," Barbee said. "I don't think it's a good idea to welcome opposing teams to our school."

Barbee also said that UK students didn't travel as well as other school's fans. Sen. Brittany Pennington said this resolution could change that.

"If there were tickets available and you knew you could get them, why wouldn't you go?" Pennington said. "If other SEC schools are doing this we need to hop on board."

Four Senate special projects were unanimously approved at last night's meeting. Students for Safety at UK was given \$1,000 to fund the production of "The Vagina Monologues" on Feb. 15 and 16. The UK chapter of Big Brothers and Big Sisters was approved for \$999 for its annual Bowl 4 Kids' Sake event. The UK Salvation Army Clinic was allocated \$1,880 to buy a new physical therapy table and \$2,000 was approved to help fund the College of Arts and Sciences' Geek Week from Feb. 18 to 22.

## UK center ready to help students cope with stress

By Erica Mitchell  
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For a person who is stressed out, the world appears a little different than to others.

"The way we respond to the world really changes a lot when we are stressed," said Linda Hellmich, a staff psychologist for the Counseling and Testing Center at UK.

Hellmich leads stress management groups that meet throughout the semester for students having trouble coping with stress.

Problems with stress hit students throughout the year, said UK health education specialist Fadyia Mohammed.

"A lot of college students tend to get really stressed at certain times of the year and it is usually due to being overwhelmed, having a lot on their plate and not managing their time well," Mohammed said. "It is easy to do when you want to be social and you want to do everything that is fun."

To reduce stress, Hellmich said there are four areas that students should address. Students should focus on eating nutritious-

ly, finding time to exercise, sleeping well and using chemicals, such as alcohol and caffeine, in moderation.

Typical symptoms of stress include headaches, a weakened immune system, a weakened development of eating disorders and increased emotions, Mohammed said. Being over-committed, not managing time well and practicing unhealthy lifestyles are some of the causes of stress.

But stress can also help enhance a person's performance at times. The right amount of stress can produce hormones that make people more alert and give you bursts of energy, she said.

"We as humans typically perform a bit better when we are under a little stress," Hellmich said. Annie Lubicky, a Spanish and journalism junior, said she tends to procrastinate on assignments, but stress can sometimes help her to get the job done more efficiently.

The adrenaline builds up and then I find it to be good stress because it helps me be more productive," she said.

But too much stress for too

## Report claims ethics violations, scalping, perjury from ticket resale

By Katie Saltz  
ksaltz@kykernel.com

The Student Government Impeachment and Censure Committee met last night to discuss a possible violation of the SG ethics code by two senators.

A complaint was filed in October by SG Vice-President Brittany Langdon against Sen. Jesse Parrish and Sen. Blake Burnett following a controversy over reselling tickets to a September concert.

"There was a lot of talk about it and I felt the need to step forward," Langdon said. "This is something we didn't want coming back at the end of the year."

An Ethics Commission of 15 non-SG students and the SG Attorney General Beau Baustien created a report after investigating the ticket sales and presented it to

the committee last night. The committee is responsible for reviewing the report and writing a resolution to present to the Senate for action.

According to the committee's report, on Sept. 17, Parrish and Burnett bought 198 tickets for the Corey Smith concert at a discount of \$5 each. The tickets were available to the general public that day for \$15 each.

Parrish and Burnett told the Ethics Commission on Nov. 15 that they resold every ticket they purchased at its \$15 face value. The report said the senators sold tickets to students at UK, Transylvania University, several high schools and had an advertisement on Facebook.com.

On Nov. 26, the commission became aware that eight members of the Kappa Alpha Theta sorority

bought tickets from Burnett for \$25 each. Copies of receipts from personal checks confirmed five of the eight purchases. This sale took place five days before the public could purchase the tickets.

Another member of Theta said Burnett tried to sell her 18 tickets for \$25 each, but she negotiated the price down to \$12.50 each. The report included the receipt from that purchase, which occurred on Sept. 19. Baustien said these receipts not only proved ticket scalping, which is illegal, it also proved perjury for Burnett.

"It's obvious they knew what they were doing and possibly planned this," Baustien said. "As far as I'm concerned Jesse told the whole truth in his deposition. Blake committed perjury."

Parrish and Burnett told the commission they sold 97 of the 198 tickets for \$15 each, making a profit of \$465. The two senators added the value of the unsold tickets to their profit and donated a total of \$970 to the Violence In-

tervention and Prevention Center, the organization that was to benefit from the concert.

However, because there is evidence proving Burnett sold some tickets for \$25, Baustien said there is no way of knowing how much profit Burnett really made.

"Possibly more money was made than was reported," Baustien said. "This isn't exact science. We're students, not CSI, but things can be implied."

The committee planned to draft a resolution last night after the meeting that will state Parrish and Burnett violated section 106.2 (a) of the SG Ethics Act, which says no SG member should participate in any private or professional activity that would conflict with the best interest of the student body, said Sen. Jackie Colgate.

Parrish and Burnett are SG senators and officers of Interfraternity Council. Since both organizations co-sponsored the con-

See Ethics on page 6

## BOARDING SCHOOL



Dustin Martin, a sophomore at Blue Grass Baptist School, does an ollie off of the Patterson statue in front of the Patterson Office Tower last night.

ELLIOT HESS/STAFF

## Reality TV can be an ego boost, student says in Gaines lecture

By Hayley Schlotter  
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Katie Braun thinks humiliation is a driving force behind America's fascination with reality television.

"Every year thousands of more talented contestants waiting in line to

'American Idol' are passed over for competitors who will be featured in the opening rounds of the competition because the humiliation of the earlier shows draws higher ratings," said Braun, a psychology senior. "Has 'American Idol' crossed the line from entertainment to humiliation?"

Braun was chosen as the speaker of the 14th annual Breathitt Lecture last night in the W.T. Young Library gallery.

Each year, the Gaines Center for the Humanities honors an undergraduate student whose work examines an aspect of the humanities. Braun, an Ashland native, was honored for her paper focusing on reality TV titled, "In a competition full of hamburgers, you're a steak!": American Idol and the Rise of Reality Television in the Maintenance of our Egos."

The lectureship is named for former Kentucky governor and UK graduate Edward T. Breathitt.

Braun's lecture took a closer look at America's obsession with "American Idol" and other

reality television shows. She discussed the origins of modern reality television, with MTV's "The Real World," the show that started the concept of giving viewers direct access to the lives of non-actors whose actions and reactions are unscripted.

"This is a new genre that is a combination of documentary, soap opera and game show," Braun said.

Braun examined how competitors on these shows affect our personal egos. People like to identify with the people on the show as well as their humiliation, and viewers like to see these people fail so they can feel superior, she said.

The same identification that the viewer develops with the contestants allows them to have rooting interests and the ability to reflect in their success, Braun said.

"This can give the viewer the gratification of self-importance because they can relate to the person, or even imagine themselves in a similar situation," she said. "When we see their talents and see them doing things we couldn't do, we reflect in their glory."

Sarah Willenbrink, a Russian and German junior, said she felt the lecture touched on a topic that affects most everyone's lives with out realizing it.

"She gave a lot of insight into a form of TV that we all know, but don't really explore," Willenbrink said. "Katie did a great job of breaking down its effects on us."

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## Horoscopes

By Linda C. Black

To get the advantage, check the day's rating: 10 is the easiest day, 0 the most challenging.

**Aries (March 21 - April 19)** Today is an 8 — Your research is apt to lead you back in a familiar direction. Instead of discovering something entirely new, you're getting a different perspective. Amazing, isn't it?

**Taurus (April 20 - May 20)** Today is a 6 — It's going to be a lot easier to achieve long-term objectives during the next few weeks. Well, it'll be good during the whole coming year. The next few weeks are awesome.

**Gemini (May 21 - June 21)** Today is a 7 — Take care of household chores and errands before continuing to explore the vast unknown. Practical matters, like food and shelter, come first.

**Cancer (June 22 - July 22)** Today is a 5 — Consult an expert on a matter you've been worrying about. This might cost you a little now, but you'll save a lot in the long run. It's a good investment.

**Leo (July 23 - Aug. 22)** Today is an 8 — More work is coming in. You simply can not do it all. Luckily, you don't have to. Move yourself into management. You'll enjoy the view better from there.

**Virgo (Aug. 23 - Sept. 22)** Today is a 5 — A brilliant solution emerges to a household problem. You may not think of the answer yourself. Your participation, however, is crucial. Explain the situation and then listen carefully.

**Libra (Sept. 23 - Oct. 22)** Today is an 8 — Somebody else provides the answer you've been seeking. Break out of your reverie and let your friends know what's on your mind. At least one of them can help.

**Scorpio (Oct. 23 - Nov. 21)** Today is a 6 — Slow and easy does it. Hold out for what you want. Be

tough and determined to succeed, just like your competition. They won't give you any slack.

**Sagittarius (Nov. 22 - Dec. 21)** Today is a 7 — Making money will be easier for the next several weeks. You could make a very lot of it, too. Consider possible methods, and things you can buy and sell.

**Capricorn (Dec. 22 - Jan. 19)** Today is a 6 — You'll be happier for the next several weeks, you'll be glad to hear. Venus, for love and well being, is going through your sign. It looks good or you.

**Aquarius (Jan. 20 - Feb. 18)** Today is an 8 — You'll be wanting to spend more time alone for the next few weeks. You have a lot to think about, without interruptions. Set it up so you can.

**Pisces (Feb. 19 - March 20)** Today is a 5 — The situation is getting better, and so is your attitude. The hardest part is over now, and you've got some welcome help. Delegate as much as you can.

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## CHRISTINA AND NICOLE'S BABY NEWS!

### THE DISH

Richie gives birth to daughter Harlow, while Aguilera welcomes son Max

By Gabe Guarente

She's going to start pushing soon!" said Good Charlotte rocker Joel Madden as his brother, Benji, arrived at L.A.'s Cedars-Sinai Medical Center. It was 1:20 p.m. on January 11, and Joel's girlfriend, Nicole Richie, 26, was in the third-floor delivery area, after being admitted late the previous day with labor pains. And though she had Madden, 28, in the room with her as the big moment arrived (plus parents Lionel and Brenda Richie, who are divorced, in the waiting room), her nerves were still on edge. "Nicole was scared of the delivery in general," says a source. "She was worried she might need a C-section because she's so tiny."

As it turned out, there was no need, and that afternoon, Richie gave birth to daughter Harlow Winter Kate Madden. "It went smoothly," says the insider, who adds that the first name was picked because it "sounded romantic" and that both parents were beaming with pride. "[Harlow] looks so much like her mom it's crazy," Madden later wrote on his blog. "She eats like a little maniac, and she's really sweet. She barely ever cries, even when Daddy is changing her diaper, and believe

me, I suck when it comes to diapers — but I'm learning!"

#### Mommy Time

Richie wasn't the only star keeping the Cedars-Sinai Ob-Gyn staff busy that day. Both Melrose Place star Courtney Thorne-Smith, 40, and comedienne David Alan Grier, 52, welcomed their first children within hours of Richie (son Jacob for Thorne-Smith, daughter Luisa for Grier). The next day, yet more baby news arrived at Cedars-Sinai: Christina Aguilera, 27, and husband of two years Jordan Bratman, 30, had son Max Liron Bratman at 10:05 p.m. (In Hebrew, Liron means my song or my joy.) "Congratulations. We know you'll make a wonderful mother," Aguilera's aunt Stella Fidler told her in a BlackBerry message. Her niece texted back, "Thank you! We are so happy. Little Max is amazing!"

"She is a fine young lady," second cousin Twyla Hirschinger tells Us, adding she's especially happy with Bratman as dad. "My goodness, he's a very nice young man! He can take care of things. He's on top of it."

#### A New Family

While Aguilera was still taking it easy in the hospital as of January 14, Richie wasted no time settling in with her new baby girl. She and Madden returned with Harlow to their Glendale, California, home on the same day she gave birth.

"The day after, Nicole cried," a source tells Us. "I think she felt a little overwhelmed." Fortunately, by the time she and Madden had friends over to see the baby, her mood had lightened. "She was glowing," says a family friend. "She had everyone cracking up."

It helps that she has plenty of support. Mom Brenda "has been helping around the clock," says a pal, and Richie's longtime BFF, Masha Gordon, "has been by Nicole's side every second." Brenda is even passing along motherly traditions: "We always had sweets in the house," she was heard saying at the hospital. "Nicole said she's going to do that too. Now that she's a mom, she doesn't want sweets to be taboo."

#### What's Next?

Expect the new moms to tie low for a while — and keep their kids under wraps from the public — thanks to deals they've secured to sell the first baby photos, according to sources.

And while Aguilera and Bratman have been hitched since 2005, could having a baby spur Richie and Madden to finally get engaged? Don't hold your breath. As Richie joked while discussing her pregnancy on Access Hollywood, "I've got to hold something for when I'm older. I can't have everything happen in one year!"

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**Drop-In Interest Meeting**  
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THURSDAY,  
January 24,  
2008

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Emily Coovert  
Features Editor  
Phone: 257-1915  
ecoovert@kykernel.com

# kernel POP

MAKE YOUR

## WEEKEND PLANS

3

### 1. Reelin' it in

The Reel World String Band will perform at Natasha's Café at 9 p.m. Saturday. Influenced by traditional and old-time music, the band has a touch of country, swing, blues and jazz. Admission is \$7. Natasha's is located at 112 Esplanade Drive in downtown Lexington. For more information, call 259-2754.

### 2. Dino days

Come out and play with the dinosaurs — extinct ones, that is. Learn to identify many of the common rocks and fossils found in Kentucky at the "Fossils of the Bluegrass" program at the Raven Run Nature Sanctuary at 2 p.m. on Sunday. The free program includes hands-on demonstrations with fossils and a field hike to explore limestone beds. Pre-registration is requested. For more information, call 272-6105, or visit the sanctuary's Web site ([www.lfucg.com/parks/raven.asp](http://www.lfucg.com/parks/raven.asp)).

## Beauty, massage schools shear the cost of professional care

By Emily Coovert  
ecoovert@kykernel.com

With a tight budget, professional hair care can be difficult to afford.

But a beauty school can offer the same work as a salon does — or better — for half the price.

"We're UK-friendly and inexpensive," said Ann Halloran, a UK alumna and director of student services at the Lexington Beauty College, located at 90 Southport Dr.

Aurelia Emerson, a 21-year-old student at Bluegrass Community and Technical College, said she has been to the salon about four or five times, and goes because it is so inexpensive.

"I started coming a couple of months ago," Emerson said. "I tried it out and I really liked it."

LBC offers services ranging from haircuts and color to facials and pedicures; a haircut is \$6, highlights are \$35, a pedicure is \$15, and a manicure is \$8.

The cost of those services at nearby professional salons can be more than twice as much. At J Allen Studio and Spa, located at 527 South Upper St., a haircut ranges from \$40 to \$70, highlights range from \$95 to \$135, a manicure is \$27 and a pedicure is \$50, according to their Web site. At ULTA, located at 3220 Nicholasville Rd., a haircut ranges from \$35 to \$50, and highlights go from \$95 to \$135.

LBC's pricing system offers beauty-school students the chance to get real-world experience, and helps everyone else afford what would normally be more expensive hair care.

Cosmetology students are



Julia Owens dries her customer's hair yesterday afternoon at the Lexington Beauty College on Southport Drive.



Vontele Lee brushes her customer's hair yesterday afternoon at Lexington Beauty College.

required to complete a certain number of course hours and

pass a national exam before they are allowed to practice in public.

"You won't get anyone who doesn't know what they're doing when they're out there," Halloran said. "Beauty students are more worried about what the client would want — they want to do it right."

Halloran also said a licensed supervisor also always accompanies and watches over students working on the salon floor.

LBC isn't the only school in town that offers discounted rates for its students' services. Some massage schools, like the Lexington Healing Arts Academy, also cost less than professional services.

"A good percentage of our clients are students," said Bill Booker, director of the Lex-

ington Healing Arts Academy. "Students come for a variety of reasons — stress relief, injury, part of a holistic wellness routine."

All massages at LHAA are \$30 for an hour, Booker said, and visitors to LHAA can request either a male or female therapist. LHAA, massage sessions include an interview with the client to understand their needs and specific work to address a problem area or a full body massage for general relaxation, Booker said.

At J Allen Studio and Spa, a 60-minute massage costs \$60, and at The Massage Center, located at 380 South Mill St., 60-minute massages range from \$65 to \$85, depending on the type.

"It's hard to beat a good massage for \$30," Booker said.

## TIPPING THE SCALE

### Getting past the ups and downs to make this resolution stick

Every year I make New Year's resolutions, and this year, as usual, losing weight is at the top of my list.

It seems simple enough when I write it down. All I have to do is hop on a treadmill every day, watch what I eat and maybe take some vitamins to make sure my body gets what it needs.

But then I remember it was also my top resolution last year.

And the year before that.

In fact, I've probably had losing weight on my New Year's to-do list every year since middle school. Unfortunately, I have found myself falling off the dieting bandwagon year after year, which has only led to stress eating and more weight gain.

To me, eating has always been more than a matter of feeding myself when I'm hungry. It's a form of recreation, a form of therapy and a crutch. It's what I turn to when I'm lonely, stressed, depressed or even just bored. It's mostly emotions that drive me to eat, and oftentimes it's

because of the eating and the weight gain that I'm having those emotions.

It's a vicious circle, and every year, more and more Americans — college kids included — fall victim to it. Even though the Centers for Disease Control and Prevention reports that 66.3 percent of adults over 20 are overweight, obese or morbidly obese, I have always felt alone in my struggles. Walking across campus, it seems like everyone's profile is the exact same: They're slender.

The release of more and more statistics on obesity and the throngs of people I see purchasing dieting books or joining Weight Watchers reminds me, however, that when I try to button my jeans and find them too tight, when I go to Gap only to discover I need a larger size, or when I step onto a scale to discover I've gained a pound or five, that I am not alone — and neither are you.

My goals have never been to be a beauty queen or to be the model splashed across the cover of Cosmopolitan. I, for the most part, don't care about the glitz and glamour of Hollywood. I just want to be healthy.

I hope to make this column a resource for all my fellow sufferers on campus, for all of us who are looking for the motivation to make 2008 the year for change. This column will run every other week and will feature anything that might be of use to us, from recipes to exercise tips. I invite anyone to e-mail me suggestions, recipes or ideas.

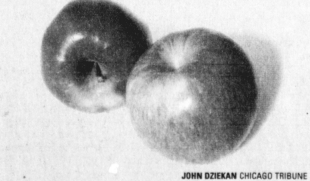
So here's to a new year, a new me and a new you!  
Emily Coovert is a journalism junior. E-mail: [ecoovert@kykernel.com](mailto:ecoovert@kykernel.com).

Recipe for the Week

### Light Apple Spice Sundae

1/2 tablespoon butter  
1 small apple, diced  
1/8 teaspoon pumpkin pie spice  
1/8 cup Splenda brand brown sugar  
1 cup low-fat ice cream  
1 tablespoon caramel topping

Melt the butter in a nonstick skillet, then add the apple pieces, pumpkin pie spice and brown sugar. Stir in and cook until the apple is tender, or for approximately six minutes. Put ice cream in a bowl and drizzle on caramel topping. Pour apple mixture on top, and enjoy!



JOHN DZIEKAN CHICAGO TRIBUNE

## ontap

For the week of  
JAN. 24 — JAN. 30

### TONIGHT

Good Morning Gladys w/ Ragatte and The Walk-Off  
8 p.m., The Southgate House, Newport. Tickets cost \$6.

### Bonepony

9 p.m., The Dame. Tickets cost \$7.

### FRIDAY, Jan. 25

Cincy Blues Society  
Winter Blues Fest  
6 p.m., The Southgate House, Newport. Tickets cost \$15.

### G-Funk All Stars

9 p.m., The Dame. Tickets cost \$6.

### SATURDAY, Jan. 26

Cincy Blues Society  
Winter Blues Fest  
9 p.m., The Southgate House, Newport. Tickets cost \$15.

### Eve Six

8 p.m., Phoenix Hill Tavern, Louisville. Tickets cost \$23.

### Very Emergency w/ Varsovia

9 p.m., The Dame. Tickets cost \$3.

### MONDAY, Jan. 28

Mark Cohn  
8 p.m., Clifton Center, Louisville. Tickets cost \$33.

### Monika H. Band

9 p.m., The Dame. Tickets cost \$3.

### TUESDAY, Jan. 29

Patchwork Soul  
9 p.m., The Dame. Tickets cost \$3.

### Karaoke w/ KJ Swirl

9 p.m., The Southgate House, Newport. Tickets are free.

### WEDNESDAY, Jan. 30

As I Lay Dying w/ August Burns Red and Evergreen Terrace  
7 p.m., Bogarts, Cincinnati. Tickets cost \$18.

### Sick Of It All

8 p.m., Headliners, Louisville. Tickets cost \$17.

### Grampall Jookabox w/ Doog

9 p.m., The Dame. Tickets cost \$3.

COMPILED BY FEATURES EDITOR EMILY COOVERT

## Poetry slam to send students to Va. Tech

By Kelly Wiley

features@kykernel.com

A poetry competition at the Cats Den tonight will put students' rhyming and writing to the test.

The annual Poetry Slam Qualifier, which will send four winners on a free trip to Virginia Tech for the next step in the Association of College Unions International competition, begins at 8 p.m. in the Cats Den. Admission is free. Anyone interested in participating should visit the Cats Den anytime before the event begins to sign up.

### If you go

What: Poetry Slam Qualifier

When: Tonight at 8

Where: Cats Den

Admission: Free

"It's basically a competition for people interested in poetry," said Cats Den coordinator Jeremy Ridgeway, a history and African-American studies sophomore. "You have a chance to win a free trip — you may as well compete."

The Poetry Slam is a three-round contest. Ridgeway said participants should select three poems to perform, and that they will be judged on a one to 10 scale. Each contestant has three minutes to perform for a panel of judges, which will consist of five random members of the audience.

Last year there were around 10 to 12 competitors, Ridgeway said, but this year he says they are hoping for a bigger turnout.

"It's about the opportunity," he said. "You have a chance to judge your poetry against others. It's about spreading the word and telling a story."

*Illusions on Main*

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# OPINIONS

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Bryan Kennedy, columnist

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

## KERNEL EDITORIAL

### Phillips is right pick to succeed Brooks as football coach

As UK football regains national prominence, Cats fans should be glad UK Athletics is taking no chances with the program's legacy.

Athletics Director Mitch Barnhart announced Friday that offensive coordinator Joker Phillips will take over as head coach when Rich Brooks retires. And Brooks, who has spearheaded the program's revival, isn't going away yet — he signed a contract extension through 2011.

With rumors of Phillips interviewing and being considered for other jobs, the announcement of his future succession came at a perfect time. It has been obvious that over the last few years, the offense has led the resurgence of UK football.

Before Phillips became UK's offensive coordinator in 2004, the offense only produced 15.7 points per game, according to the UK Athletics Web site ([www.ukathletics.com](http://www.ukathletics.com)). After his first year, Phillips raised that to 21.7 and then to 26.7. And finally, in this past year, the offense averaged 36.5 points per game.

With numbers like that, Cats fans can expect to see even more Southeastern Conference wins and bowl game appearances under Phillips' tutelage. Phillips' excellent performance as a coordinator is not the only reason UK did well in naming him as the future head coach — the decision also helps

ensure continuity in the program. UK will not have to worry about players or recruits departing because of an unexpected coaching change.

"Continuity and consistency will be a competitive advantage for UK going forward, an advantage that our program has not enjoyed very often during its history," Barnhart said Friday at the announcement of Phillips' future position.

Phillips' performance is not the only reason UK did well in naming him as the future head coach — the decision also helps ensure continuity in the program. UK will not have to worry about players or recruits departing because of an unexpected coaching change.

With the announcement of Phillips as Brooks' successor, we hope to see more doors opening for black coaches in the SEC and around the nation.

There are only four black head coaches in NCAA Division I football, according to USA Today, and only 12 blacks serve as coordinators or assistant coaches in charge of offensive and defensive units in the 117 major college Division I-A programs. And as of now, there has been only one black head coach in SEC history.

Clearly, UK fans have many reasons to cheer Phillips' eventual ascendance to the top spot in the football program. It appears well-positioned to continue its rise in the rankings.

## Recession or not, Americans pinched

The following editorial appeared in the Miami Herald on Tuesday.

In a welcome show of bipartisanship, Congress and White House are coalescing around the idea that an economic boost is needed. There are good reasons to worry that the country is going into a recession, if it isn't there already.

Foreclosures continue to mount, and the housing malaise is rousing financial markets. The Dow's plunge last week may have been the jolt that lawmakers needed.

That said, there are right and wrong ways to stimulate the economy. Economists generally agree

on the central principle: The boost has to be temporary, timed right and targeted for effectiveness. The goal is to increase spending that spurs growth and economic activity.

Remarkably, congressional leaders and the White House generally are in agreement on these principles. Moreover, there are signs that each side is bending, which should encourage quick action. The tussles, of course, will come over specifics of the stimulus package. Tax rebates for individuals, more unemployment aid and food stamps, tax breaks for business and more are on the table.

For his part, President Bush was smart to take permanent tax cuts out of his proposal. Such cuts clearly would go beyond a temporary boost.

Congressional Democrats also signaled willingness to consider provisions to aid businesses.

Those are promising signs. Sensible compromise will help speed the process, and quick action is needed to prevent a recession or lessen its effects.

Federal Reserve chief Ben Bernanke provided sound advice to the House Budget Committee last week. "Getting money to people quickly is good," he said. "And getting money to low- and moderate-income people is good in the sense of getting bang for buck."

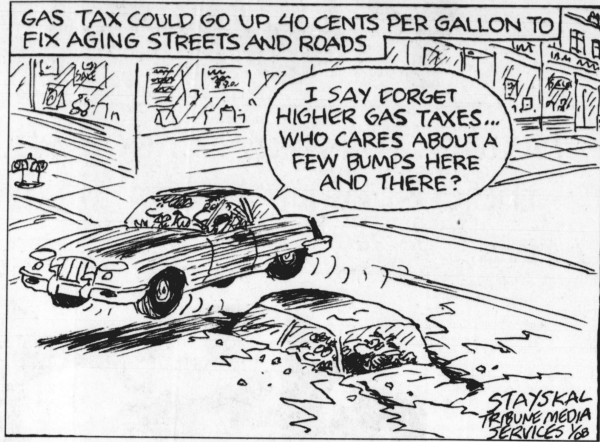
His statement is supported by a Moody's Economy.com study, which found that extending unemployment benefits, federal aid to states to prevent cuts in programs such as food stamps, and targeted tax cuts — in that order — are the most effective boosts.

That's because the benefits go to low- and moderate-income people who will spend the money most quickly.

President Bush also noted a critical factor last week: The amount of the package has to be big enough to have an impact.

Most experts suggest an amount between \$50 billion and \$150 billion. Congressional action will work best if combined with action by the Fed, and Bernanke has suggested there will be a cut in interest rates. That's encouraging, too.

Whether or not the economy is in a recession, ordinary people are feeling the pain from the housing debacle and steep gas prices. Relief will be welcome by many who are suffering.



WAYNE STAYSKAL, Tribune Media Services

## Cutting down wasteful spending isn't just for the government

College students' wallets are always tight. But for students in Kentucky, their wallets will soon be stretched tighter than the surface of a drum.

As if the impending state budget cuts will not add enough economic burdens on students, it now seems that a recession is inevitable in this country.

Students will be directly affected by the shrinking of the job market and loss of internship opportunities. Additionally, their families may take an even greater hit; consequently, parents may be limited in their ability to contribute financially to their child's education.

So what do we do as students? Instinctively, I turn to Gov. Steve Beshear for the answer. As our governor said during the State of the Commonwealth Address, "It is not a time for whining or 'woe is us' — it is a time for ... temporary cost cutting."

Indeed, to fight through personal economic challenges, we must tighten the purse and maximize our limited economic resources to meet growing needs.

One way for students to save money is to cook their own meals and eat out less, especially for those with convenient access to a kitchen, i.e., students living off-campus. Cooking is economical, is an essential skill in life and can also be fun. Paying \$7 for a Qdoba burrito seems reasonable enough, but one can also make a hefty ham and turkey sandwich with veggies for only a dollar or two. Also, making a large pot of beef, potato and vegetable stew over the weekend can provide you dinner for the entire week.

If you have a credit card, don't spend what you can't pay off in a month. Making minimum payments will get you by for a while, but interest rates grow outrageously (check your contract with the credit card company), so be aware of how much you owe. If you are already in debt on a credit card, make paying off the balance your top priority.

Besides finding ways to save money, the other logical solution to help paying your bills is to find more ways to make money. For those who do not yet have a part-time job but have the spare time, finding a job may be a good idea. Even if you don't need the extra money now, it's never bad to have some spare cash.

Applying for scholarships and grants is another source of income

many students overlook. It is a common misconception that scholarships and grants are only available to students of spectacular academic achievements. While a pristine GPA will certainly help an applicant's chances in most scholarship pools, not all scholarships are focused on academic achievements alone.

Some scholarships are for those who face adversity in the forms of race, gender, family history, etc.; some recognize students with achievements in a specific area, such as community service; some are associated with a future career; some are even hometown scholarships only for a certain city's residents. So chances are everyone can find a scholarship or two that is intended for them.

We pray daily to our God/gods/Flying Spaghetti Monster that the budget cuts and the consequent tuition raises will not materialize, and we tell ourselves that the recession is but a nightmare cooked up by wacky economists. At the same time, it is in our best interest to prepare for the inevitable hard times ahead.

So unless our God/gods/FSM answer our sincere prayers and do so quickly, being a penny pincher will soon become a necessity.

Linsen Li is a history and journalism junior. E-mail: [ll3@kykernel.com](mailto:ll3@kykernel.com).

## After Bush is out of office, who's going to crusade for education

Now that we're moving to the end of the Bush years, I worry that the cause of education reform could slip by the wayside. Since the day he started running for governor in 1994, and throughout his presidency,

George W. Bush has talked about improving schools.

No one in either party appears eager to take up this banner. Although Ted Kennedy is one of the biggest champions of the No Child Left Behind Act, the Democrats running for president are sticking

a fork in the federal law. And, except for Mike Huckabee and Mitt Romney occasionally talking about it, most Republicans seem to have little interest.

So, to keep the cause of education alive, what needs to happen next? I hope the candidates start seeing education reform as a civil rights issue as much as a school issue. The focus these days on assessing school performance is really about determining whether kids are prepared for the demands of a sophisticated economy.

If they aren't, the unprepared can forget cracking into the middle class. Competition from around the world will eat them alive.

That's one reason the National Council of La Raza and some other civil rights organizations don't want to see Capitol Hill retreat on measuring schools. They know poor and minority kids will suffer the most if they are left behind.

Now, when these presidential contenders are going to join them? Obama? Hillary? Rudy?

There's a special need to connect Latino parents with their children's schooling, especially when it comes to getting them thinking about college.

Principals I talk to almost always say that their first-generation parents want their kids to go further than many of them did in school. But they are often working two jobs or come from Mexico, where there's not the same demand for parental involvement.

We need everyone from political leaders to superintendents to principals talking about this challenge. America's future is Latino, so it pays to make sure all Latino children are getting advice about basics like how to apply for college.

The reform agenda needs a special focus on Mexico's schools. Yes, Mexico.

You go into schools in cities like Dallas today, and you'll find kids who came in the fourth, fifth, sixth grades from Mexico. And you'll hear educators talk about the differences in their grasp of subjects like math.

The next president's Mexico agenda ought to include a dialogue with our southern neighbor about its schools. Mexicans I've interviewed understand what this is about and would welcome a chance to get at this issue.

Churches, synagogues and other religious organizations could play a

bigger role in stopping so many students from dropping out. For example, what if churches in Dallas and other cities decided to track every one of their eighth-graders? Or, what if every church or synagogue offered a Saturday school for struggling students?

Fifth, community colleges are an increasingly important entry into four-year universities and good jobs. Who's going to talk about locating more of these in poor neighborhoods, like the Dallas Community College District is doing? More kids will see that college is for them, not for others, as Wright Lasserit, the district's chief, says.

Sixth, we need to remain firm about measuring schools but give campuses some flexibility about how they do it. Education Secretary Margaret Spellings smartly has been giving states new room to run, such as measuring how much a student's knowledge of a subject grows over a year.

Al Gore succeeded on the environmental front because he made climate change part of the public consciousness. More than any policy change, he made Americans — and the rest of the world — think about how the way we live today affects the world we pass on to tomorrow.

That's what I'm interested in seeing happen on the education front. How do we make reform part of our consciousness?

George W. Bush got things started. Who's next? William McKenzie is an editorial columnist for *The Dallas Morning News*. E-mail: [opinions@kykernel.com](mailto:opinions@kykernel.com).

## Submissions

Send a guest column or letter to the editor to Opinions Editor Linsen Li. Be sure to include your full name, class, major and phone number (for confirmation).

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

## Columnists Needed

The Kernel is looking for columnists, especially those with an interest in campus and local issues, to write for the Opinions page on a regular basis.

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





## Health, consistency leads UK's SEC rebound

By James Pennington  
jpennington@kymerit.com

So far this season, the women's basketball team has been haunted by inconsistencies. Now that the Cats seem to have found a consistent formula for success, they look to put that formula to the test tonight against South Carolina in Columbia.

Before the season began, the Cats (9-9, 3-1 Southeastern Conference) were picked to finish sixth in the 12-team conference at the SEC's media day. After a league-worst 6-8 performance in non-conference play, the Cats limped into the heart of the season.

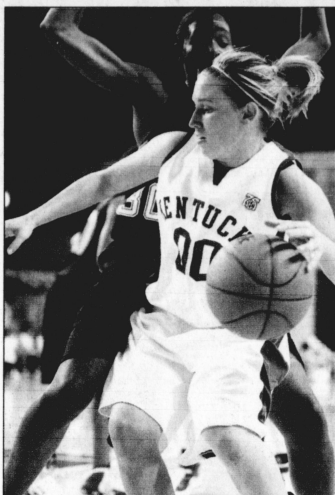
However, the Cats are turning things around, having won three of their first four SEC contests.

"We had a very tough non-conference schedule," head coach Matthew Mitchell said. "We learned an awful lot about what we needed to do to prepare for league play."

Through the non-conference schedule, Mitchell's squad was forced to play a number of different lineups due to persistent injury problems. Eight different starting lineups featuring a total of 10 different players have been used.

The most significant injury to plague the Cats this season is that of junior guard Carly Ormerod, who has been sidelined with sesamoiditis in her foot and has not played since Dec. 20, when UK lost to Louisville 80-65.

Due to Ormerod's absence, freshman guard Amber Smith has been thrown into a prominent role early in her career.



Carly Ormerod muscles around her defender against the Ohio Legends on Nov. 5. The junior has not played since Dec. 20 due to a foot injury.

Smith has started all eight games since Ormerod's injury, and has provided the team with a steady backbone at point guard. In those games, Smith has helped lead the Cats to a 5-3 record.

"Playing point guard in the SEC as a freshman is one of the

toughest things to do in basketball," Mitchell said.

Now that Smith has prospered as a young player, Mitchell is looking forward to having Ormerod back on the court so he can utilize both of his star guards.

"Hopefully Carly will be

able to play in the next week or so," Mitchell said. "It'd be a big boost to have her back. It could be very helpful to our basketball team in the long run to have them both there."

In all, five different Cats have missed a total of 31 games this season due to injury. Those who have missed time include veteran leaders in Ormerod, senior center Sarah Elliott and redshirt junior forward Eleia Roddy. However, the Cats are starting to get healthy as they continue to compete in SEC play.

"The non-conference schedule was definitely a learning experience because we were just learning each other's strengths," Elliott said. "Coach Mitchell told us that we are about to go into the SEC play, and whatever we have done before this means nothing. We just need to focus and get going and that's what we are doing."

It appears that the Cats have turned over a new leaf from their early-season struggles. After going 2-5 in games decided by 10 points or less before league play started, all three of the Cats' SEC victories have been decided by seven points or less.

"Had we played a weaker non-conference schedule, maybe we wouldn't do as well in the SEC," Mitchell said.

Although the team is starting to learn to play with consistency, there is still a lot left for the Cats to improve upon, Mitchell said.

"We're glad to be 3-1," he said, "but with an extremely difficult schedule ahead, we need to continue to get better."

## Seniors see final home meet as opportunity to have fun

By Leila Kalegi  
lkalegi@kymerit.com

For every beginning there is an end. And for 12 members of the UK swimming and diving team, that end comes Saturday as they compete in their final meet at UK's Lancaster Aquatic Center.

Some of the swimmers had mixed reactions about the team's senior meet.

"I want to swim really fast in my events for one more time in this pool because we'll never get to race in this pool again," said senior Jennifer Bradford.

Others just want to enjoy their last home meet.

"I'm not looking to put a whole lot of pressure on myself," said senior Will Vietti. "I'd rather just swim fast and swim some fun events, have a good time with it. It's not a big deal to me, senior meet."

"I just want to have fun," said senior Heather Bradford. "I asked (head coach) Gary (Connelly) if I could swim an off event, just to have fun with it."

History is on the Cats side when facing the University of Cincinnati, the team's opponent in Saturday's competition. The women have won the last 13 meets against the Bearcats while the men have won the last eight. That success has given UK confidence, Connelly said.

"There will be some real good races, but they really don't have the depth to compete with us," Connelly said.

"We'll probably pick and choose our events a little bit more," he said. "Cincinnati has some real good swimmers but they're not real deep so we go into the meet a little more focused on swimming specific events fast."

With the event choice up in the air, some of the seniors will be able to swim events they have not competed in since coming to college.

"I could be swimming some fun events, ones I haven't swam since high school," Vietti said. "I'm kind of excited; I haven't swam some of these in so long. To see what I can do, see how much I've improved over the span of four years (is exciting)."

But the fact that it will be senior night does not mean the team will be losing sight of the bigger picture. The Southeastern Conference Championships in Tuscaloosa, Ala., are less than a month away and then the NCAA Championships follow soon after.

"We're more excited for the SECs than our last dual meet, obviously," said senior Kristian Outinen. "You have SECs in the back of your mind."

Connelly agreed that UK's focus remains on the postseason.

"Dual meet season is really a preparation to get ready to swim fast at conference and NCAAAs," Connelly said. "Competitively, we all want to win the dual meets but we're all much more concerned with doing well at our conference meets and doing well at the NCAA Championships."

## NEWS BRIEF

### Programs to better state recognized today

STAFF REPORT

UK will give \$10,000 each to 13 projects aimed at improving quality of life in Kentucky, UK President Lee Todd announced yesterday.

The 13 selected projects would join 23 others currently part of the Commonwealth Collaboratives program. Commonwealth Collaboratives uses Todd's discretionary money to fund programs aimed at improving economic development, health, education, the environment and exposure to cultural events in Kentucky. Each project undergoes annual review to evaluate its progress and effectiveness.

Among the new Com-

monwealth Collaboratives are The Clean Indoor Air Initiative, which seeks to reduce exposure to secondhand smoke and radon by encouraging more Kentucky communities to adopt smoke-free policies, and Land Use Planning, which assigns landscape architecture students to projects aimed at helping local communities manage future growth by developing land-use plans.

Todd and UK Provost Kumble Subbaswamy will recognize the new Commonwealth Collaborative researchers at a reception at 4:45 p.m. today in the Lexington Public Room in the Main Building. The reception is free and open to the public.

### ETHICS

Continued from page 1

cert, Baustien said this showed a conflict of interest for both.

Baustien also said Burnett violated section 106.5 of the act by committing perjury before the Ethics Commission, and recommended that the violation be included in the resolution draft.

The resolution will be presented to the full Senate and then voted on. If the senate feels it is necessary, a mo-

tion could be made for impeachment, said Senate President Tyler Montell.

Montell said the Impachment and Censure committee had a difficult job and he felt they handled it well.

"I was pleased with the open-mindedness of the members," Montell said. "It's no secret that three members (of the committee) are in the same fraternity as one of the guys," Montell said. "But they want to do the right thing for the student body even if it's uncomfortable for them personally."

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