KERNEL

UK dining eliminates trans fat in its meals

By Erica Mitchell

By Erica Mitchell
news@xykemel.com

UK has joined the trans fat ban , eliminating it from food served at most campus dining facilities.

Starting last semester all campus dining locations managed by UK Dining Services began cooking without trans fat. Chic-Fil-A is the only restaurant operated by UK Dining Services that still uses food with trans fat.

"The dining service is moving forward in menu development," said Parker Edwards, administrative staff officer at UK Dining Services.

Even Starbucks, which has three locations on campus and one in the Kentucky Clinic, has announced it will remove trans fat from the only drink that contained it and from its seasonal baked goods.

Edwards said one of the first steps UK Dining Services took was changing the frying oil to trans fat-free oil. Chicken fingers and french fries, number one sellers at the Commons Market, are among menu items cooked with frying oil.

While many restaurants are concerned that customers may not like trans fat-free foods. UK has not faced that problem.

Edwards hasn't heard any student complaints about the new, healthier food shars the ard any student complaints about the new healthier food fats in a process called hydrogenation. Although trans fats occur naturally in small amounts — mostly in meat and dairy products — its artificial trans fat that can be the most harmf-lamong those foods with artificial trans fats is partially hydrogenated the process of the content of the content of the most harmf-lamong those foods with artificial trans fats is partially hydrogenated the processor and the processor that the can be the most harmf-lamong those foods with artificial trans fats is partially hydrogenated to except the six which can

and darry products — Its artificial trans fat that can be the most harmful.

Among those foods with artificial trans fats is partially hydrogenated vegetable oil, which can sometimes be found in cookies, crackers and other prepackaged shelf foods.

Trans fat, which is favored because of its long shelf life and frying capability, is also found in most fried foods.

Trans fat contributes to heart disease by raising bad cholesterol.

Jill Kindy, health education coordinator at University Health Services, said more young people are beginning to encounter high cholesterol and high blood pressure, which can be attributed to a long-term intake of excess fats combined with overall poor health habits.

"Heart disease isn't just for the middle-aged anymore," she said.

Kindy also said the daily intake of saturated fats, another "bad" fat, should not exceed 20 grams and the ideal daily intake of trans fat is zero grams.

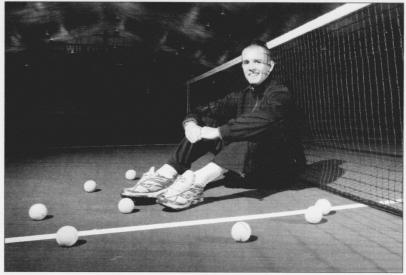
Although UK is on the track to

ideal daily intake of trans fat is zero grams.

Although UK is on the track to healthier eating with trans fat-free foods, the reduction of this fat alone will not make up for eating poorly, Kindy said.

"Students need to remember that while having trans fat removed from their diet is a good first step toward healthy eating. (Ney) still need to eat well and exercise to prevent future health problems," Kindy said.

BOUNCING BACK



Tennis transfer will face off against his old team

match," he said.

Head coach Dennis Emery said even though the match with Baylor will be an odd one for Ward, he word it be spiteful.

"The last time I talked to the coach at Baylor, he had nothing but positive things to say about Will," Emery said. "Will has no hard feelings."

Ward, a New Zealand native, was a top-20 player on the junior tennis circuit and one step away from becoming a professional.

But for him, the choice to go to college at Baylor was an easy one.

"I had been out of high school too long active to the NCAA," he said.

In Ward's sophomore season, he led the team of the word of the New Years and doubles wins — in-cluding a win over UK— and helped the Bears to the NCAA sentifinals, a feat that earned him team MVP honors.

As were the provided to the properties of the prost, which is a steppingstone (for the pros.), "Ward said.

Ward's start at Baylor suffered serbook to was about to the NCAA," he said.

In Ward's stored to stored to store the years of the NCAA serificates, a feat that carried him team MVP honors.

As the provided serbook to the prost, was a stored to the NCAA serificates, a feat that carried him team MVP honors. Head coach Dennis Emery said even though the match with Baylor will be an odd one for ward's tennis player Will Ward received little from his former team, Baylor University.

But when No. 2 Baylor and the No. 31 Cats meet today, the feeling for Ward might be awkward.

"It'll be weird to face my old team, but I'll be professional about it," Ward said.

Baylor let Ward go at the end of last season when Baylor's coach gave away Ward's scholarship following his sophomore year.

Still, Ward said he isn't out for revenge against his old team.

"I'm still good friends with the guys at Baylor, and I'm going to treat it like any other of the profession on page 3

Heart Ball to raise money for childhood obesity

By Arra Drijevic news@ykwrnel.com
Black ties and \$200 plates will come together fromorrow night to raise funds to help prevent childhood obesity.

UK HealthCare's Kentucky Children's Hospital is hosting the American Heart Association's Central Kentucky Heart Ball tomorrow at 6:30 pm. at the Griffin Gate Marriot Resort on Newtown Pike.

The annual black-tie fundraiser, which raises money for heart research and disease prevention, is focusing this year's ball on child obesity and its links to premature death.

Excess weight is causing children to develop heart problems that are normally found in adults and can lead to be develop heart problems that are normally found in adults and can lead to be prevent children's hospital.

The fing first problems that are normally found in adults and can lead to be prevent children's hospital.

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La. Rep. discusses Katrina experience

By Kaile Saltz

LaFonta saw how fall for the first time last night as he spoke to UK students in Memorial Hall.

The lived my entire life in New Orteans, LaFonta said.

The traveled from the term of the storm.

"It was the closest thing to hell you would ever see in your life." LaFonta said.

He traveled from Atlanta to Balon Rouge, stopping at every exit to try to find gas and a road mulken, said the ulture of the city is unlikened to the city of the city.

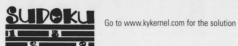
Balon Rouge, stopping at every exit to try to find gas and a road map. When he finally made it is the control of the city.

Balon Rouge, stopping at every exit to try to find gas and a road map. When he finally made it no Street, leafonta said. They never get into the LaFonta said. They never get into the real culture and community of the city.

LaFonta spoke about his experiences with Hurricane Katrina in his speech titled "New Orleans: The Tale of the Crescent was heartfelt, offering whatever we need
"The street of a politician and of a resident. LaFonta said that when he went to an other Wal-Mart at Cost of the immediate days in the storm. "It was the closest thing to hell you would ever see in your life." LaFonta said. The rate of the view and a road map. When he finally made it was the closest thing to hell you would ever see in your life. The radios didn't work, so there was no communicate to the city. The radios didn't work so there was no communicate to the city. The radios didn't work so there was no communicate to the city. The radios didn't work so there was no communicate to the city. The radios didn't work so there was no communicate to the city. The radios didn't work so there was no communicate to the city. The radios didn't work so there was no communicate to the city. The radios didn't work so there was no communicate to the city. The radios didn't work so there was no communicate to the city. The radios didn't work so there was no communicate to the city. The radios didn't work so the city. The radios didn't work so the city. The radios

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Aries (March 21-April 19) - Today

Taurus (April 20-May 20) - Today

Gemini (May 21-June 21) - Today

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be of the advantage, check the lay's rating: 10 is the easiest day, 0 is most o'the lay's rating: 10 is the easiest day, 0 is most o'the largings.

The most o'thellerging:

The Mills (March 21-April 19) - Today is a 7 - You're becoming more effective, though the changes are hard to see There'll be more money coming son, and that's a nice indicator.

Wirps (Aug. 23 - Sept. 22) - Today is a 7 - With all the money repulsion, and that's a nice indicator.

Wirps (Aug. 23 - Sept. 22) - Today is a 6 - Hopefully, by now you have a new morber of your team. This is a person who knows which questions to ask, and which buttors to push. Diverse (Sept. 23) - Today is a 7 - Count the money regulator on you can relax. Set up a corp. on you can relax Set up a corp. on you can relax more your or prefer to the previous properties of the p

is a 7 - Plan a get-together with friends for later today or tomorrow. All will not go smoothly, however. Hide all your breakables. Use 2007 Tribune Media Services, Inc.

You'll get more done in less time day is a 6 - Don't quit in frustration, you're just about to get some helps. Scorpio (Oct. 23-Nov. 21 - Today ou're just about to get some helps. You'll be getting more criticism, too, but that's a fair price to pay.

Fireplaces



Jessica and Justin: **Getting hotter!**

After making out at a Golden Globes afterparty, Hollywood's sexiest singles — Timberlake and Biel — take their hot-and-heavy romance to Sundance

"Let's go party," Justin Timberlake told the audience after him and the movie's Sundance Film Festival premiere on January 24.

But instead of lingering at the afterparty at Park City, Utah, club Celsius with the film's and crew, the actor-singer quickly headed to this \$1,950-and to the standard of lingering at the afterparty at Park City, Utah, club Celsius with the film's and crew, the actor-singer quickly headed to this \$1,950-and the act produced to run away from the whole big mess and start over. Instead, so worders.

Sagittarius (Nov. 22-Dec. 21)-Today is a 6 - You may be tempted to run away from the whole big mess and start over. Instead, so worders.

Capricorn (Dec. 22-Jan. 19)-Today is a 7 - With all the money you've sear elecently, you could be got you've save externally you've save elecently, you could be got you've save externally you've save elecently, you could be got you've save externally you can be healt? I'll go! She is really you've save externally you can be made you've save externally you can be proposed to run away from the whole big mess and start over. Insteads with Timberlake, the next day at the picturesque Park City Mountain Reservish the save proposed to you can do that will make everything side work.

Pisces (Feb. 19-March 20) - Today is a 6 - Dorn dun in fursification, you're just about to get some help's foull be getting more criticism, but the you can do that will make everything sides work.

Pisces (Feb. 19-March 20) - Today is a 6 - Dorn dun in fursification, you're just about to get some help's foull be getting more criticism, but the your can do that will have the produced t

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VANDERBILT 63. UK 62

Cats can't hold on in final seconds

When her team is in the game, head coach Miskie DeMoss believes they can win.

And it appeared as if the two more is basketball team was on its way to a win last night in Memorial Coliseum when Junior gard Samantha Mahoney made the go-ahead layary with just 13 seconds left.

"We really believed (we could win tonight), it was not a false sense of hope." DeMoss said. But after a timeout, Survival and the point of the basket and scored with L6 seconds left to give the Commodores a 63-62 win.

"In noticed they switched on their screens, and time was running down so I had to make a quick choice." Davis said. "I skeep the Commodores a 63-62 win.

"In noticed they give the Commodores a 63-62 win.
"In noticed they give the Commodores a 63-62 win.
"In the special self-to give the Commodores a 63-62 win.
"In the special self-tonice of the same and time was running down so I had to make a quick choice." Davis said. "I she whey weren't go-ing to foul so I just took it to the basket and prayed it went it."

The Cats (14-9, 3-5 Southeaster Conference) had one last chance for a miracle with 19 seconds left, but the inbounds pass was deflected as time ran out.
"I am very proud of the way we fought. We answered their runs, we had some big defensive plays as a shame that someone had to lose that game."

In the opening minutes of the sum of the state of the game with the sum of the



Nastassia Alcius drives along the baseline during last night's game bilt. Alcius had 14 points and three rebounds in the loss.



TENNIS

Continued from page 1

Continued from page 1
step in his career. Ward and Baylor
could not come to agreement to
keep Ward on campus.
"I had to fight Baylor in a lawsuit to release me, and I ended up
winning the case," Ward said.

UK was one of the few schools
with a scholarship opening after
Ward left Baylor.

UK jumped at the chance to for
Ward to be on the team.
"(Ward) is talented, competitive
and team-oriented in an individual
sport and really has a chance at the
next level," Emery said.

Ward credit his decision to join
the Cats to three factors: UK's
coaches, the history of UK's program and the team's often strong
standings in the Southeastern Conference.
"Coach Kaufman is the best

standings in the Southeastern Con-ference.

"Coach Kaufman is the best coach in college tennis, and he's re-ally helped my game." Ward said.
Ward is looking forward to fin-ishing his eligibility at UK and still has am

cuit. He would like to play in a Davis Cup and return to his favorite tournament.

"My biggest goal is to return to Wimbledon — where I made the quarerfinals in juniors — and win," Ward said

Ward, who credits Lleyton Hewitt, John McEnroe and former coach Chris Lewis as his tennis role models, is ready to continue with the progress he's already made at UK.

Ward has not lost a match in singles or doubles this spring. Sophomore Kyle Virgin, Ward's roommate, said that Baylor's loss would benefit the Cats this year.

"He and the other top players can push each other to get better, and Ward's intensity and vocal lead-riship is a huge asset," Virgin said. "He can help us win the SEC, and I believe he could even make All-American in doubles."

Emery said that Ward has a good chance to become the next northle pro to come out of UK.

But for now, Ward said he still has business to tend to.

"I have a lot to prove; my tennis is unfinished."

UK Diving hopes to score high in SEC tournament Last Friday, both the men's and women's diving teams ended the regular season with their fourth straight translates to big scores. The UK diving team, however, is looking to make a big splash as it hosts the Southeastern Conference Diving Championships today. Head coach Michael Lyden We're pretty confident We'l're potty confident We'l' by the dat all year, and I think we're Lyden thinks this will be the 'year of the Cat' and experts his said. The SEC Diving Championships is the precursor to the NCA Championships next month. Last Friday, both the men's and women's diving teams ended the regular season with their fourth straight than worrying about its opponent that worrying about its opponent to the other teams. 'Smith said. 'You know a lot of divers' much focus on what's out there and how they're doing: it's always on the back of your mind, but you prety much focus on yourself.' Lyden said he's adjusted the conjects of the NCA Championships next month. Last season's section and diver Taryn equilarity than departing the team to perform well for the ment berr of dives, working more on quality than quantity, said senior diver Taryn equilarity, said senior diver Taryn equilary than the provides the top 20 in the op- whe's pert part to much pressure on the text be part of divers, working more on quality than quantity, said senior diver Taryn equilarity, said senior than quantity, said senior diver Taryn equilarity, said senior diver Taryn equilarity, said senior diver Taryn equilarity, said senior than quantity, said senior diver Taryn equilarity, said senior than quantity, said senior diver Taryn equilarity and the part of the past twe



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KERNEL INTERVIEW

Editor's note: This is the first in a series of interviews with ca and local officials who have a direct impact on university af These interviews will run every Friday during the semesto

Serve and protect: The future of UKPD

Maj. Joe Monroe is currently the acting chief of the UK Police Department and took the time on Wednesday to the department as far as what is being done and what is still needed. The department hasn't had long-term chief since 2003, but the department still has needs and still continues to grow, both in terms of number of officers, the size of their facility and their work within the campus and city community, Monroe said.

To keep the department from falling behind, Monroe has shouldered the responsibilities, even if

officers is one thing he said must be done.

"We are going to concentrate over the next couple of years on trying to retain the officers so we don't lose them," he said. "We lost about nine officers last year. Each one of those officers, it costs us

That's a substantial hit."
Also among the things being

what is still needd.
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The department has a what is being done and what is still needd.
The department is a what is being done and their work within the campus and their work wi

In the end, the goal is to serve and protect and to make sure the department is always able to do that.
"We want to be able to in-

crease our partnerships out into the community," Monroe said. "We want to continue to build the department where it needs to go."

Weekly Poll Question

Do you support the restructuring plan that Student Government scurrently considering, which would change the committee system and add up to 10 seats to the SG Senate?

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Submissions

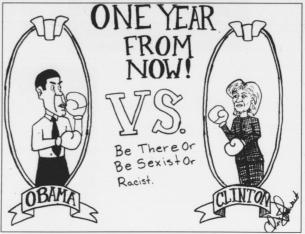
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E-mail opinions@kykernel.com

Cartoonists Needed

Opinions page on a regular basis. Cartoonists of all interests will be considered, but The Kernel especially seeks those who have an interest in local issues.

Contact Wes Blevins at opinions@kykernel.com



CHRIS STEWART, Kernel cartoo

Dems can break GOP monopoly on religion by focusing on right issues



Recently, the New York Times ran an article with the headline "G.O.P. Slips as a Friend of Religion." In the article the Times ran article the Times reports that a Pew Research poll showed that a Pew Research poll showed that a Pew Research pollical party as a friend of religion than they were only a year ago.

The Times article also reports that the drop was especially deep among Catholics and white, evangleical Protestants (a drop of 14 percent). Only 47 percent of Americans now view the Republican Party as a friend of religion. This fact is baffling to some After 2004, pollical pundits of all stripes very pollical pundits of the p



God" out of the pledge and above all else, wanted more abortion rights. For a while, this strategy worked. It worked on me really well. When I was first politically socialized, I cared about one issue — abortion. As far as political was religious by looking at his stance on that one issue. That seemed to me to be what all my other religious friends and mentors thought as well.

However, after a while, I did something novel — I went to the Bible. I read the scripture of my religion and discovered that there are maybe three or four verses that relate to abortion (if you use your imagination). However, there are more than a thousand verses that relate to abortion (if you use your imagination). However, there are more than a thousand verses that relate to poverty. There are hundreds of verses that speak about seeking peace, both among friends and internationally. The realized that God has priorities. Abortion had to me of them, the districts Americans from much more important is used. I wish our country could focus on genocide in Africa, the dismantling of America's social service structure, the destruction of the environment or the cardess loss of American lives in Iraq. Parsing words over what constitutes life and what doesn't is ridiculous in my eyes. This issue should be relegated to the third-tier of issues in

America.

Religious people are realizing more and more that God has his priorities — the Pew poll proves that. However, it is unfortunate that my party isn't doing much about God priorities either. In that same Pew poll. For the provides of the control of the provides of the control of the

GOP stance on affirmative action not racist, aims for colorblind society



I'm a racist. This deduction comes from Brenton Kenkel's Jan. 31 column, "GOP's new tactic is an old one unbody and the column." You see, I'm you see, I'm part of the "flailing political movement" called conservatism and I am apparently trying to help with an "rantiblack resurgence" and an "anti-Hispanic sentiment." Opinions can-

Vazmina, and an "anti-HisRomel columnist Dipinios canitiment." Opinions cannot be labeled right or wrong because that goes against the principle of
what an opinion is, but I can say that
Kenkel was wrong to group together
conservatives who happen to support
anti-affirmative and anti-Higal immigration measures. And even worse was
to label such actions as spreading
racism across the nation.

Legal discrimination. There is no doubt
that Caucasians have been labeled as
racist for comments and actions taken
against African-Americans; it singled a
group of people based on the color of
their skin.

Affirmative action does the exact same thing. There is no malicious intent but skin color is used to pick and chose who has what opportunities. Jennifer Gratz was the executive director of the Michigan Civil Rights Initiative Coalition, the group that was behind the affirmative action initiative in Michigan. Note: The group was made up of Democrats, Republicans and Independents, not just conservatives.

made up of Democrats, Republicans and Independents, not just conservatives.

Gratz said that that universities "should not be able to use race to engineer whatever student body they want," which is what affirmative action would entail. Using the checkmarks in the race box to decide who gets in and who doesn't.

Am I a racist because I'm trying to help make our society truly colorbilind? Will there ever be a time when a person won't have to check their race on applications?

Now comes the "anti-immigration nonenses" that I'm a part of. Illegal immigration is a major issue in the country today; there are record numbers in the country, It's easy to assume that skin color has something to do with the uproar. Simple reason for that is that they are the overwhelming majority of illegal immigrations.

gration Policy Institute reports that about 500,000 illegal immigrants are added to that population every year. You may be certain that if that many people were crossing over from Canade aech year, I would have just as much anger and concern as I have now.

da each year, I would have just as much anger and concern as I have now.

If I hear the argument that we were all immigrants at one point, I may just scream. When many people entered the United States, there were no laws and regulations specifically saying that it is wrong to enter a country without papers. My father's family immigrated to the United States not have and regulations the specifically saying that it is wrong to enter a country without papers. My father's family immigrated to the United States not have a considered that the work of the states of the states

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NON-PUTER TECH. KNOWLEDGE of Microsoft Indows operating systems 2000 Pro and XP Pro. pehience upgrading/troubleshooting desktop hard-are/software. Contact N Wagner@BGADD.ORG TRUCTION LABOR NEEDED PT up to 35 c. Must have valid drivers license. Please Call

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info.

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This week's box office hits and misses

By Ricky Simpson

Children of Men Clive Owen, Julianne Moore and Michael Caine

Taking place in 2027, "Children of Men" is set in



Kristen Stewart

The Messengers" is a classic, tried horror flick. Expect a sic, tried horror flick and the sic, tried horror flick and the

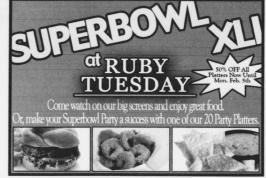
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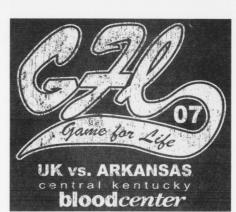
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Continued from page 1
for "Long said." A good time,
for a good cause."
Tool cause "Tool and the for a good cause."
Tool cause "Tool and the for a good time,
for a good per person and include
the dinner, dancing and two
drink tickets. A lot of companies
sponsor the event and reserve
seats based on how much they
donate, Lerza said.
In its 17 years, the ball has
raised more than \$1 million to
the said of the said of the said of the
Last year the event raised over
\$250,000.
The goal for the ball this
year is to raise another
\$300,000, Lerza said.

Continued from page 1
agricultural economics junior and director of multi-cultural affairs for the SAB, said she created this event because she didn't want students to forget about the horizone. "You don't hear about in the media anymore, and I thought the issue shouldn't be forgotten," Jackson said.
"LaFonta gives such insight by being an elected official and a life-long resident. We







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