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# THE KENTUCKY Kernel

Celebrating 33 years of independence



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# Valuable sports tickets cheap for UK students

By Jeff Patterson  
THE KENTUCKY KERNEL

It's no secret that the Bluegrass loves its UK basketball and football teams.

Nearly 70,000 fans pack Commonwealth Stadium for every football game, and more than 20,000 attend every basketball game in Rupp Arena.

Getting student tickets for football games doesn't require much time or effort. Student ticket windows are located at three locations: Memorial Coliseum, Commonwealth Stadium and the Commons Complex area.

Tickets are sold to students with a valid UK student identification card on Monday and Tuesday from 9 a.m. to 4 p.m. on weeks of distribution (some are done on a multi-game basis).

Students can purchase up to five more student tickets as long as they have five more I.D. cards.

Distribution for UK's games is as followed: at Louisville, Aug. 30; Indiana and Ohio, Sept. 13; Alabama, Oct. 4; South Carolina, Oct. 11; Georgia and Vanderbilt, Oct. 25.

Attending a game in Rupp Arena requires a little more effort.

UK men's basketball tickets are distributed in five different lotteries throughout the season on specific Monday nights. In what has become a pastime for some students, and a hassle for others, the lotteries are held at Memorial Coliseum. Students must arrive by 9:15 p.m.

Students are handed a number upon entering, and they wait for their number to be called.

Remaining tickets are sold the next day at Memorial Coliseum and Complex Commons. These "priority tickets" for students are



JONATHAN PALMER | STAFF

UK students wait for tickets at the basketball lottery inside Memorial Coliseum, on the Avenue of Champions.

sold in similar fashion as the football tickets - up to five extra tickets with student I.D. cards.

The first lottery for the Cats' exhibition basketball games against Northern Kentucky and Kentucky Wesleyan is Oct. 25.

Regular-priced tickets can also be purchased on UK Athletics' Web site ([www.ukathletics.com](http://www.ukathletics.com)) but student tickets are not offered there.

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

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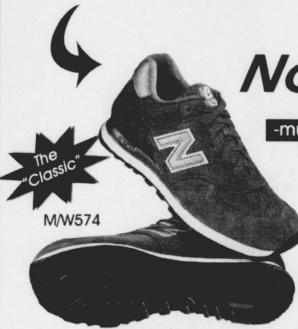


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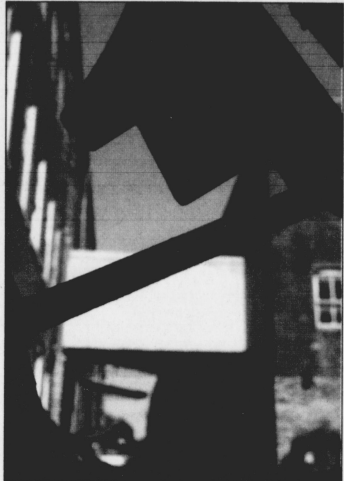
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## Lost and found: often-sought, hard-to-find buildings perplex



JONATHAN PALMER | STAFF

One of the many lost buildings on UK's campus is the Reynolds Building where art students perfect their craft.

By Derek Poore  
THE KENTUCKY KERNEL

You are a UK student. You could be a first-year — roving about, searching for food, shelter and class. Or you may be a campus-hardened senior, searching for ... well, food, shelter and somewhere to go instead of class.

Regardless, there are many places on campus that you've probably only heard of and are only vaguely familiar images sketched in your mind. They're lost when you need them the most: looking for your class with five minutes to spare.

"Where is the Reynolds Building?" you ask a friend. "And what about this Erik-

son Hall?" You can see the sign for Frazee Hall in your head, but you can't remember where you ran across it last.

Roaming the backstreets of UK's campus behind the Taylor Education Building, students may or may not get to where they're going. Art students looking for the Reynolds Building must navigate an old warehouse complex in search of their classes.

Whether you're a freshman or a career collegiate party-animal, some building on campus are simply "lost."

Areas such as the Reynolds Building at the end of Scott Street and South Broadway are on the fringe of UK's 670-

acre campus. Reynolds is actually the Reynolds Warehouse, a complex of buildings UK uses for art classes and facilities for UK Stores. The buildings were once tobacco warehouses.

The Reynolds area has been known for security concerns and no air conditioning. Air conditioning was installed over the summer, Kelley Bozeman of UK Public Relations said.

Others, such as Erikson Hall — which houses a campus restaurant, Block and Barrel — and Frazee Hall, are right under students' noses.

Continue your trek through campus. Looking out from the front steps of the Funkhouser Building on central campus, turn to your left.

Erikson Hall is situated to the left of Memorial Hall — a UK campus icon. Erikson is home to the College of Human and Environmental Sciences.

Now you're back on Administration Drive, near Barker Hall & Buell Armory. Frazee Hall is between the two, which is probably why you can remember seeing the sign, coming and going from the Student Center, but could never remember where it was. The Counseling and Testing Center and UK's Independent Study Program is in Frazee.

At the corner of Maxwell and Rose Streets stands another often overlooked but frequently-sought building, especially for information technology students.

Completed in 2000, the James F. Hardyman Building contains the Laboratory for Advanced Networking as well as the offices of Information Technology.

UK's campus sprawl can create a lot of confusion. Campus maps are available in countless buildings, in UK bulletins and the class book, and on the Internet.

E-mail  
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# Last year's students saw fees upped, smoking banned

Here's a look at some of UK's biggest stories from the 2003-04 school year.

## Former leaders die

Former UK President Otis Singletary died Sept. 22, 2003 following a battle with prostate cancer. He was 82. Singletary served as UK president from 1969 to 1987. During his tenure, Singletary oversaw \$250 million in construction projects, reorganized the University Senate, established the College of Communications and Fine Arts, Lexington Community College was combined into UK and UK sports teams were racially integrated.

On Oct. 16, 2003, former Gov. Ned Breathitt died six days after collapsing while giving a speech at LCC's Volunteer Appreciation Dinner. He was 78. Breathitt, a UK graduate, tackled several of the state's civil right's issues. He served on UK's Board of Trustees for several years, with his final term ending in 1999.

W.T. Young, who spurred fundraising efforts to build the W.T. Young Library with a \$5 million donation, died Jan. 12. He was 85. Young's fundraising efforts also helped build the Sigma Alpha Epsilon fraternity house on Rose Lane.

## Tuition increases

For the second time in two years, UK's Board of Trustees approved a tuition increase.

The increase meant in-state undergraduate students are paying \$300 to \$400 more this year, while out-of-state undergraduate students are paying \$350 to \$450 more.

Student Government President Rachel Watts was the lone dissenting vote at the meeting.

Several board members voiced regret that state budget cuts forced them to lay the liability on students.

The state legislature cut \$41 million from its post-secondary education budget, of which \$16.7 million was taken from UK.

## March Madness misfortune

The UK men's basketball team dominated the Southeastern Conference Tournament and entered the NCAA Tournament as the No. 1 overall seed.

But the No. 8 seed University of Alabama-Birmingham beat the Cats 76-75 in the second round in Columbus, Ohio.

UAB senior guard Mo Finley led the Blazers with 17 points, including an 18-foot jumper with 12.2 seconds left to seal UAB's victory.

## DeMoss helps sell tickets

Despite achieving identical records in the 2002-03 and 2003-04 seasons (11-16), the UK women's basketball team's home attendance increased by an average of 3,500 fans per game. Much of the credit went to first-year head coach Mickie DeMoss.

DeMoss brings one of the nation's most highly touted recruiting classes this season.

## Lights out for area smokers

In April, the Kentucky Supreme Court ruled Lexington could enact a smoking ban in enclosed public spaces and businesses.

In December, the Court temporarily blocked the smoking ban hours before it was to take effect in order to review business owners' claims that local governments did not have the right to regulate public health issues.

The ban has since



JOHN FOSTER | STAFF FILE PHOTO

UK President Lee Todd presents the 2004-2005's tuition and fee increases to the Board of Trustees. Undergraduate students faced a \$300 to \$450 increase, depending on residency.

SG-SAB-WRFL showdown

In April, SG leaders placed a referendum on student election ballots, asking students whether leaders from organizations that receive part of the "student activities fee" should be elected.

Student Activities Board and WRFL-FM, the student radio station, were the organizations affected.

WRFL was excluded from the decision because they receive a separate fee.

LCC split from UK

In February the UK Board of Trustees voted that LCC should no longer be a part of UK. The Kentucky legislature approved the proposal. LCC students kept their student services use of residence halls, health care, athletic ticket discounts, etc. — but beginning next fall semester, they will have to individually choose what services they want and pay accordingly.

spurred local government to extend bar hours, which now go until 2:30 a.m.

SG-SAB-WRFL showdown

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# More features marketed for mobile phones

By Johnathan Takiff  
KNIGHT RIDER TRIBUNE

With an estimated 150 million of us already toting a mobile phone, you might think the U.S. market was pretty well saturated.

Yet mobile phone makers and service providers aren't taking "already got one" for an answer. They're furiously upgrading their systems (again), cooking up spiffier new models and software services that will make your mobile almost as versatile as your computer for communication, information access and entertainment.

Today, let's push some of hot buttons intended to hook the hold-overs and lure current customers to fancier phones and services.

## RINGING IN YOUR EARS

These days, U.S. mobile phone users are most willing to splurge on downloaded musical ring tones, games and "wallpaper" screen decorations.

The most "outrageous forecasts" see download business growing to \$9.7 billion by 2007, said Nokia software evangelist Chris Lovejoy, "evenly divided between entertainment and productivity applications."

Priming the pump for growth, this year's most sophisticated phones are capable of ringing with the actual sounds (and image) of your favorite music artists captured in MP3 form. Acquiring these clips will get easier, too — just step up to a kiosk or enter a simple code on your mobile.

## GOT GAME (PHONE)?

Video games are also getting more real on the newest, higher-powered mobiles, evolving from flat, 2D-style graphics to 3-D animation.

Nokia is showing the way with its second-generation N-Gage QD, a cool-looking and user-friendly phone that doubles as a gaming system with serious, memory-card-loaded software.

Lovejoy also sees big growth in fun stuff: daily comic strip downloads, customized travel information (including maps) and software to dress up and stitch together images shot with your camera phone.

"We've got more than a million software licensees for our mobile platforms, tinkering to come up with the next killer app," he said.

Perhaps most likely to burst out big this year is the Multimedia Messaging Service, which invites creative types to communicate a custom mix of moving images, text and audio via the mobile.

While an industrywide standard, MMS is having the same startup problems that Short Messaging Service had communicating among different mobile service carriers, said Lovejoy.

## BETTER HARDWARE

Today's VGA-grade camera phones capture OK images for viewing on another phone or computer screen.

But to make a hard copy settle for no less than the 1.3 megapixel camera phones coming this fall from the likes of Kyocera, LG Electronics, Nokia and Samsung. First out of the gate is the Audiotex PM-8920 for Sprint, \$150 after rebates.

In South Korea, a hotbed for mobile phone research and development, Samsung has just announced the first 3.2 megapixel (and 3x optical zoom) camera phone for the domestic market. Picture quality should be up to producing sharp 8-by-10-inch blowups.

But don't expect the device here until U.S. mobile service providers upgrade the data send/receive rate of their networks to true "broadband" quality. Also on export "hold" is LG Electronics' nifty "video conferencing" mobile phone, which shows both the other party (a slow scan moving image) and your own image in a picture-in-picture display.

Definitely on the way from LG, though, are camera phones that record up to a full hour of moving video (with sound) compressed in the MPEG-4 format and stored on a tiny SD memory card. (Today's typical mobile phone captures all of 14 or 15 seconds of video.)

Just when you thought mobile phones couldn't get any smaller ... they're growing larger.

To ease inputting of short and multimedia messaging, new smart phones like the Sony Ericsson P910 and Motorola A630 have grown large enough to accommodate a flip-out, QWERTY-configured keyboard, though the keys are still packed tight for thumbs-only typing.

To make that text (plus downloaded Web pages, videos and games) more viewable, screen sizes are bulking up in some models. Nokia's newly announced 7700 series smart phone boasts a 640-by-320-pixel widescreen, significantly larger than the 176-by-209-pixel display found in today's typical flip phones.

## NETWORK HYPERDRIVE

Mobile phone carriers are in system upgrade mode again, pumping up the "through-put" speed of their data networks so mobiles can act like multimedia terminals, wirelessly downloading and streaming audio and video.

By year's end, Verizon's pack-leading CDMA 1x EV-DO (Evolution Data Optimized) network technology will be available to about 30 percent of its subscribers, said chief technology officer Dick Lynch, delivering data at 300 to 500 Kbps per second, with 1 Mbps peaks. That's a far cry from the 56 Kbps speed of current mobile phones.

W-CDMA, soon to be test-marketed by AT&T, promises speeds of 200 to 800 Kbps, depending on the



JONATHAN PALMER | STAFF

Cell phone companies are packing more hi-tech features into their latest models. The industry hopes to bring information, games and media to mobile phones as much as they are pushed to personal computers.

supplier, plus simultaneous voice and data transmission (a feature not possible with EV-DO). Even more robust is EV-DV (Evolution Data Voice) technology, already demonstrated by Motorola and Samsung. It's capable of data delivery at 1 Mbps to 1.5 Mbps — good enough to stream video at a fairly smooth 15 frames per second. Hmm, wonder what's playing on my phone?

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# REALITY TRUMPS TECHNOLOGY: Low-tech face-to-face makes best connection

By Lauren Greathouse  
THE KENTUCKY REBEL

We keep tabs on pals via cell phones and camera phones. We spend several hours a day e-mailing, blogging, instant messaging and chattering in chat rooms.

So we wondered, why does anyone need the kind of informal gathering places captured on the silver screen in "Barbershop" or on TV in the Central Perk of "Friends"?

Brad Keats has a few reasons. When we caught up with him, he was perched along with several other pals - at the counter of Sarkis Grill, a tiny diner in Evanston, Ill. Between bites of a bacon-cheese sandwich, he told us why he frequents Sarkis when checking up on friends might be more easily accomplished via cell phone.

"We walk in and it feels like people know us and we know people. It's all smiles," said the 31-year-old. "Even when the food is done, you can still hang out for a while. ... It's just like a good place to be with people."

Ray Oldenburg, should he ever visit Sarkis, might give the diner his blessing. He's the sociologist who 15 years ago coined the term "third place" to describe such hang-outs, beyond first place (home) and second place (work).

Despite all the technological gadgets that keep us in contact with others, he says that places where people can relax regularly and establish connections with others are essential to our well-being.

"What good are they (those gadgets) at a funeral?" Oldenburg said. "What good are they at a wedding? What good are they when you need a helping hand physically? What good are they when you want to borrow something?"

Virginia Gundlach might agree. She works at Markland-Hubbard Gourmet Provisions, a scone's throw from Metra's Rock Island 86th Street station in Chicago, fueling morning commuters with coffee, tea and pastries.

"We have a group of men who come in every morning. Neighborhood locals," she said. "Some are retired, some are not. They sit and chat. ... My husband passed away last year, and men from the group came to his funeral."

"It's about the personal connections," Gundlach added. "You can't be that isolated. ... All of us need quiet time. But interacting with people? That's life."

Joe Fisher was one of those men who showed up at the funeral. He's part of the group of morning regulars who hang out at Markland-Hubbard for the

sports talk, the coffee and the camaraderie.

"It gets me going in the morning," said Fisher, 55, a salesman who works out of his Beverly, Ill. home. "Half of us are Sox fans and the other half are Cubs fans. ... We argue and we laugh and we joke and we tease each other."

And occasionally they get together for golf and their kids' ball games and gatherings beyond Markland-Hubbard.

"Phones, the Internet, instant messaging, that, for some individuals, may increase connectedness," said John T. Cacioppo, a professor of psychology at the University of Chicago who has spent more than a decade researching social isolation and loneliness. "For others it can decrease it."

It all depends on how they're used.

"If you go home and you're using your cell phone to continue your productivity at work - which many of us do - that's helping you achieve what is valued as part of our culture," he said. "But also there is a cost to it in terms of what you lose with contact with others."

Cacioppo is in the midst of a five-year study into the impact social isolation and social relationships have on health.

"We know that if people are socially isolated or feel socially isolated, they are more likely to suffer broad-based health problems," Cacioppo said.

Sarkis and dozens of other hang-outs like it - is the type of place Oldenburg described 15 years ago in his book "The Great Good Place: Cafes, Coffee Shops, Bookstores, Bars, Hair Salons and Other Hangouts at the Heart of a Community."

A good third place, Oldenburg said, draws a mix of generations, unites neighborhoods and may be independently owned. People head there not for personal gain or civic duty but for fun.

"Third places are 'homes away from home where unrelated people relate,'" he wrote. "In third places, the entertainment is provided by the people themselves. ... The sustaining activity is conversation."

That chat value is another reason Oldenburg, professor emeritus of sociology at the University of West Florida, continues to champion the value of the third place.

"We may be overcommitted, time-crunched and ultra-connected - we spend almost three more hours on our home computers than we did last year, say the Nielsen data-trackers, and our TV time is up 45 minutes from a decade ago."

But Oldenburg says we still need to

make room for a third place in our life.

Yet with the soda fountains and neighborhood taverns of the past slowly disappearing, Oldenburg said people are looking to libraries, churches, bookstores and some bakery cafes/coffeehouses to fill the void. He cites one large health club group that found that its members listed "social life" as one of the primary reasons they joined the organization.

Putting oneself in a third place, though, does not automatically solve loneliness issues, get rid of the feelings of isolation or lead to connectedness, Cacioppo said.

It is important, he said, to recognize three valuable connections. There is intimate connectedness, "(with) someone you feel particularly close to, not necessarily romantic, but more than a best friend." And there's relational connectedness, with family and friends, for example, "someone in whom you can confide, with whom you can talk, on whom you can rely."

And there's a "collective connectedness," that is, "to what extent do you feel you belong to a group that you value," Cacioppo said.

Cacioppo added that although there are individual differences of how much of each "relationship" you require, it's important "to read our own feelings of loneliness and meet them accordingly."

"It's when we fail to recognize or deny that these things are important that (loneliness) tends to produce damage. So, if you think, 'Well, I feel lonely but I just need to tough it out,' it's probably not the best strategy," he said.

Getting over the loneliness, Cacioppo said, requires making contacts.

And making those contacts can be a challenge in our culture.

"We're not a culture that places high value on friends and family and connectedness," he said. "We value independence. We value being able to establish your own identity. We value being able to leave friends and family and go off and build your own business or move because it's best for your career."

"I'm not arguing against any of it, but you can see that culture may produce not only technological advances that allow us to stay somewhat connected but also feeling as if somehow we're missing something," Cacioppo added.

"I'm not making a value judgment, but you can see how people may well still feel there's a need (that's) missing so they continue to explore these technological devices to see if they can be more connected than they would otherwise be."

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The basketball courts located near the Johnson Center on South Campus provide some relief from the summertime blues. Other outdoor activities near the Johnson Center such as playing tennis may not be as easy in the future, due to parking structures and other expansions of the campus.

JONATHAN PALMER | STAFF

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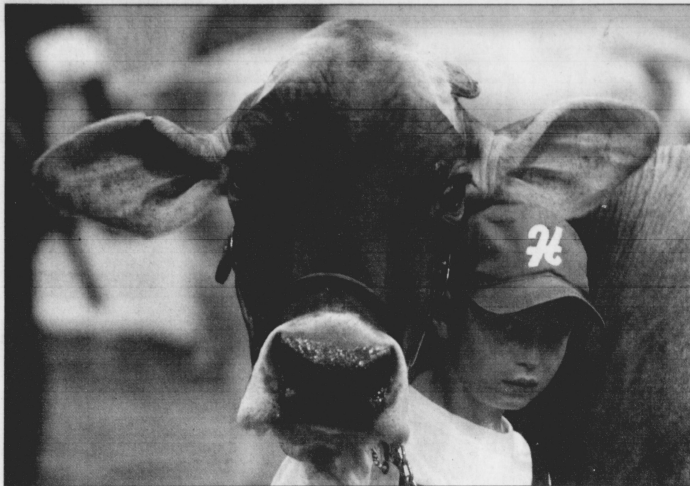


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### Graduate School Dissertations

|   |  |  |
|---|--|--|
| <p>Name: Thomas C. Badgett<br/>Program: Biology<br/>Dissertation Title: Characterization of the Neuropeptide Crassal Mut-1 (NCR-1099)</p> <p>Major Professor: Dr. Chuck Staben<br/>Date: 08/23/2004<br/>Time: 2:00 PM<br/>Place: 305 T.R. Morgan Bldg.</p>                                      | <p>Name: Heidi Lee Gye<br/>Program: Psychology<br/>Dissertation Title: The Shame and Guilt Inventory: Development of a New Scorecard-Based Measure of Shame and Guilt</p> <p>Major Professor: Dr. Richard Smith<br/>Date: 08/23/2004<br/>Time: 1:00 PM<br/>Place: Keeble 202</p>   | <p>Name: Marie Gores Gantz<br/>Program: Statistics<br/>Dissertation Title: Applying Decision Process Models to Computational Data, with Application to Tumor Hybrid Data</p> <p>Major Professor: Dr. L. Hale<br/>Date: 08/20/2004<br/>Time: 2:00 PM<br/>Place: PHT 603</p>   |
| <p>Name: Shengqiang Li<br/>Program: Chemistry<br/>Dissertation Title: Theoretical, Photochemical and Laser Spectroscopy of Metal Complexes</p> <p>Major Professor: Dr. Song-Chang Yang, Co-Chair<br/>Date: 08/24/2004<br/>Time: 1:30 PM<br/>Place: 137 Chem/Phys Bldg.</p>                      | <p>Name: Gail Liu<br/>Program: Chemistry<br/>Dissertation Title: A Study of Chemical Kinetics: Characterization, Synthesis and Quantification of Methylene Blue Adsorbent Derived from Lignin Oxidation Products</p> <p>Major Professor: Dr. Boyd Bailey<br/>Date: 08/26/2004<br/>Time: 9:00 AM<br/>Place: 139 Chem/Phys Bldg.</p> | <p>Name: Matthew James Stewart<br/>Program: Geography<br/>Dissertation Title: From a Place of Problems to a Place of Possibilities: Community Health and Collaborative in Coastal Communities</p> <p>Major Professor: Dr. Hollis Cline<br/>Date: 08/27/2004<br/>Time: 12:00 PM<br/>Place: Miller Hall 6</p>                              |
| <p>Name: Shengqiang Li, Ph.D.<br/>Program: Biochemistry<br/>Dissertation Title: Role of Membrane Interactions in the Assembly of a Membrane Receptor Complex in Neurospora crassa</p> <p>Major Professor: Dr. Charles MacArthur<br/>Date: 08/26/2004<br/>Time: 10:00 AM<br/>Place: WCB 303</p>  | <p>Name: James Marie Pool<br/>Program: Gerontology<br/>Dissertation Title: A Crossed Theory Approach Examining: Why We Don't Leave Home, What We Thought We Knew, and When We Should</p> <p>Major Professor: Dr. John Watkins<br/>Date: 08/25/2004<br/>Time: 9:30 AM<br/>Place: 230 Health Sciences Bldg.</p>                      | <p>Name: Susan Sue Ray<br/>Program: Pharmacology<br/>Dissertation Title: Understanding the Role of Beta-Blockers in the Treatment of Hypertension: Normal Human Cells</p> <p>Major Professor: Dr. Rolf Sorenson<br/>Date: 08/26/2004<br/>Time: 1:00 PM<br/>Place: UMKC, HG 611 &amp; WS 305</p>  |
| <p>Name: Susan Sue Ray<br/>Program: Pharmacology<br/>Dissertation Title: Understanding the Role of Beta-Blockers in the Treatment of Hypertension: Normal Human Cells</p> <p>Major Professor: Dr. Rolf Sorenson<br/>Date: 08/26/2004<br/>Time: 1:00 PM<br/>Place: UMKC, HG 611 &amp; WS 305</p> | <p>Name: Kallid Ray<br/>Program: Biochemistry<br/>Dissertation Title: Structural Studies of Thrombolytic Inhibitors: Kinetics, Recognition and Inhibitor Design to Neurospora crassa</p> <p>Major Professor: Dr. David R. Badger<br/>Date: 08/23/2004<br/>Time: 11:00 AM<br/>Place: MB 303, Co.</p>                                | <p>Name: Suzanne Marie Perkowski<br/>Program: Animal Sciences<br/>Dissertation Title: Small Cell Lung Cancer: A Review of Genetic, Molecular, and Therapeutic Advances in the Treatment of Lung Cancer</p> <p>Major Professor: Dr. Charles Hilde, Co-Chair<br/>Date: 08/26/2004<br/>Time: 2:00 PM<br/>Place: 201 W.P. Garrison Bldg.</p> |

www.rgs.uky.edu/gs/gradhome.html



KRT PHOTO  
Adam White, 10, of Waddy, Ky., with his cow June Le Wendy before the start of the Brown Swiss Cow class on the opening day of last year's Kentucky State Fair in Louisville.

# 2004 Kentucky State Fair

## Kentucky Fair and Expo Center, Louisville

The annual Kentucky State Fair runs until Sunday, August 29 at the Kentucky Fair and Exposition Center in Louisville, Ky. A short interstate drive from Lexington, the fair has a variety of attractions and concerts through the end of the month.

Fair updates can be found on the Web ([www.kystatefair.org](http://www.kystatefair.org)).

### State Fair Hours:

Kentucky State Fair gates open daily at 7 a.m.

Exhibit Buildings open 9 a.m. until 10 p.m. daily.

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### Parking information:

Parking is \$5 per vehicle.

For information on RV parking at the Kentucky Fair & Exposition Center, call (502) 367-5380. Reservations may be made a year in advance for any show held at the facility.

Compiled from Kentucky State Fair Web site ([www.kystatefair.org](http://www.kystatefair.org))



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# Fitness center offers ways to fight Freshman Fifteen

By Lauren Greathouse  
THE KENTUCKY KERNEL

New students constantly hear about it but rarely know what to do about the "Freshman Fifteen" — those pesky pounds you tell yourself you won't gain.

With changes in physical activity and eating habits — to accommodate for studying, of course — the Freshman Fifteen can be haunting and almost impossible to lose.

However, there are multiple ways to banish unwanted pounds.

"The best way to loose weight is monitor the food you consume and find an activity that you enjoy," said Robert Hayslett, fitness director at the Johnson Center.

The Johnson Center has the equipment to help students maintain fitness. The facility contains an indoor track and basketball courts and its largest area — cardiovascular machines and free weights.

Hayslett said the center houses about 100 cardiovascular pieces of equipment that are made up of treadmills, cross trainers, bikes, steppers and rowers. There are also about 65 strength training machines by Cybex, Life Fitness, and Hammer Strength.

In addition to the various machines, the center also offers group fitness classes to students. The classes include anything from step classes to abdominal workouts, offered during the afternoons and evenings Monday through Friday as well as Saturday mornings. Schedules of times and class descriptions are available online and at the front desk of the Johnson Center.

If group fitness is not what you desire, personal trainers are also an option. The one-on-one interaction



JONATHAN PALMER | STAFF FILE PHOTO

UK graduate Jason Dilday practices the art of climbing in the Bernard Johnson center. The center offers many forms of keeping off those unwanted pounds including basketball courts, free weights and other exercise machines.

between student and teacher can be advantageous to some. Trainers "teach the individual a specific training program that will get them better results," Hayslett said.

The indoor climbing wall is a highlight of the facility. Mark Lattin, director of the outdoor pursuits and club sports program, said about 4,000 students have active waivers on-file for use of

the wall.

"During the semester we have been averaging about 30 students per day, but those numbers have been climbing," he said.

With a student ID, shoes and necessary equipment are available for free. There are classes offered for the frequent users.

Aside from the fitness facilities, the Johnson Center

also houses the intramurals office. The office is located in room 172-A.

For more information about the Johnson Center and what it offers log on to [www.uky.edu/StudentAffairs/CampusRec/facilities.html](http://www.uky.edu/StudentAffairs/CampusRec/facilities.html).

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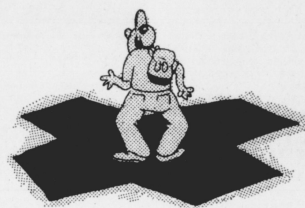
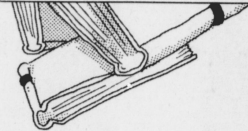


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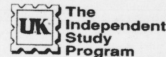
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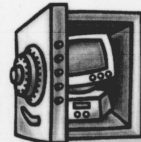
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# New students need course in how to spruce up dorm

By Karalee Miller  
KNIGHT RIDER TRIBUNE

The first real test for most college students isn't in the classroom. It's figuring out how to turn those cramped dorm rooms into something they can call home.

Sure, schools throw in a couple of desks and bunk beds, but students are left to their own devices to create a stylish and comfortable haven for sleeping, studying and socializing.

Mona Williams, senior merchandise director for the Container Store, says there are six basic areas to keep in mind when tackling the dorm: bath, desk, closet, laundry storage, and walls and doors.

"You want things organized but easily accessible," she says. "Items that are multifunctional are key."

When it comes to storage, think vertical.

"You want to maximize your space and build up," says Anne Evans, a spokeswoman for Linens 'n Things. "If you don't have something vertical, you're kind of drowning."

Given all the dual-purpose items to pick from this year, students may find they want to show off their space-savers rather than tuck them away.

"It used to be that storage was meant for hiding and putting away," Evans says. "Now storage is really out in the open, so it needs to be both stylish and functional."

Collapsible items are high on the list of must-haves, and now it seems most anything can be broken down with ease — tables, hampers and Ottomans, just to name a few.

Adding splashes of color to the room will be no problem, as everything from bath



KRT PHOTO

to storage products is beaming in summer's hottest hues, including pink, lime and purple.

"We're seeing more and more color," Williams says. "It allows students to customize their room's look to really suit their personality."

Although it may seem like a lot to study up on, students and parents can rest easy because we've found some great, new items for dorm rooms that will put a whole new spin on the term "tight living quarters."

1. If you want to be down with the hottest pillow right now, snatch up the silky smooth Moshi pillow. The micro beading inside the stretchable spandex covers makes these squishy head-

rests as fun to play with as they are to rest on. Linens 'n Things offers both square and neckroll sizes in fun, vibrant colors like pink, yellow and lime green. \$9.99 and \$14.99.

2. For students looking to add some privacy as well as personal touches, the French memo-board floor screen from Linens 'n Things is perfect. Students can display photos, cards and notes between the satin ribbons and create a cozy nook at the same time. \$29.99.

3. We think whoever came up with the bright idea of turning ho-hum, standard storage bins into splashy, vinyl organizers. Extra kudos for the touch of metal grommets. Linens 'n Things,

\$9.99

4. A paper lantern is a stylish way to add some ambience and try to forget about that unforgiving fluorescent lighting in dorm rooms. Linens 'n Things offers two-tone paper lanterns, \$9.99, complete with lighting fixture and opaque cord perfect for hanging.

5. Spruce up your desk with colorful Tiki-style bamboo uprights, \$14.99 from Target. Their hourglass shape puts the already fun lamp a curve above the rest.

6. As suggested by one of this summer's hottest anthems, you can "lean back" in comfort in a video rocker, \$29.99, from Target. Whether playing a video game, watching TV or just chilling, simply rock away and enjoy.

7. Dorm room carpet is many things — cool and clean usually are not two of them. Try an area rug like in a fun, striped pattern, \$19.99 from Target, to add some color and attitude to the room.

8. Two of the most dreaded words for a college freshman are "community bathroom." No worries, though. The trek to the loo is made easier with a shower tote, \$9.99 from Bed, Bath & Beyond. It's got compartments for everything from your soap to razors to dental floss.

9. Take a seat or rest your feet. Either way a storage Ottoman, \$29.99 from Bed, Bath & Beyond, is sure to be a hit. Extra bonus — it's got wheels.

10. Although lap desks may seem old school, they can turn out to be a student's best friend. In hot hues, like pink and denim, they're cooler than ever. \$9.99 at Bed, Bath & Beyond.

11. Hang on to your CDs by hanging them on the wall. The Container Store offers CD wallpaper, \$7.99, which holds 24 CDs.

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# Campus dining is a feast for appetites

By Elizabeth Troutman  
THE KENTUCKY KERNEL

With the recent freshman class growth, the demand for food on campus has increased and adjustments have been made.

Later hours, more variety, better quality and low prices are some of the improvements taking place this semester, said Jeff DeMoss, executive director of dining services.

"We are advising the staff to be more reasonable," DeMoss said.

"We want to have the best quality and best prices in town."

DeMoss also said campus eateries will be doing more demonstration-like cooking, a popular dining trend in restaurants outside of campus.

This type of cooking allows students to watch as their food is made.

Other additions include a KFC breakfast opening at 7 a.m. and a one-time-through breakfast buffet.

Both will be located in the Student Center.

Besides these new additions, campus dining offers healthy choices and classics for many appetites.

Ovid's, located in the back of W.T. Young Library, serves salads, sandwiches, wraps (for the low-carb crowd) and entrées.

Intermezzo, on the mezzanine level of the Patterson Office Tower, is also a place to spot healthy and international options.

Intermezzo also has a variety of gourmet coffees and specialty drinks.

The Student Center offers both healthy options as well as options for those who aren't exactly counting calories.

A popular eatery with many choices, the Student Center can be a place for

meeting friends for lunch or breakfast.

Everything from pizza to shrimp and bagels to chocolate yogurt can be found in the food court.

KFC, Long John Silver's, Block and Barrel deli, The Fourth Quarter and Boinici Brothers are some of the options found there.

A longstanding campus grill, K-Lair stays open late for students pulling all-nighters.

Located behind Haggin Hall and near W.T. Young Library on Central Campus, K-Lair offers hamburgers, breakfasts, grilled sandwiches and French fries.

K-Lair is open Monday through Thursday from 7 a.m. to 2 a.m. for the early birds and night owls.

For late nights and early mornings, coffee can be a survival beverage for many students and faculty.

The Starbucks locations around campus are popular spots for getting a dose of early morning espresso or a pastry.

Starbucks has three locations: the Student Center, Commons Market and Kentucky Clinic.

While South Campus has Commons Market, North Campus residents rely on Blazer Courtyard in Blazer Hall for their food options.

The Commons Market and Blazer Courtyard have sandwiches, stir-fry, pasta and a salad bar.

The Corner Store in the Commons Market — a convenience store — and Blazer Courtyard will be open until midnight this semester.

## Projects keep Dining Services cookin'

Longer hours, cooking demonstrations and a comprehensive Web site are among the projects UK's Dining Services are grilling up this year.

The Blazer Courtyard food court will be open until midnight — three hours longer than before — and will serve breakfast from 9 a.m. to midnight, said Jeff DeMoss, executive director of dining services.

The Corner Store in Commons Market will also stay open until midnight, DeMoss said.

Improvements and changes are only in the beginning stages for Dining Services.

"The show hasn't started yet," DeMoss said, telling of the improvements to campus dining. He said cooking demonstrations in the Student Center are the first of many enhancements to Dining Services.

Their Web site ([www.uky.edu/DiningServices](http://www.uky.edu/DiningServices)) has a comprehensive menu for all campus eateries, food trivia, a form to report an empty or broken vending machine and access to job opportunities in food services on campus.

DeMoss said the menus are usually updated on a weekly basis.

"Change is difficult," DeMoss said. "But we're doing strategic planning every week."

— Derek Poore

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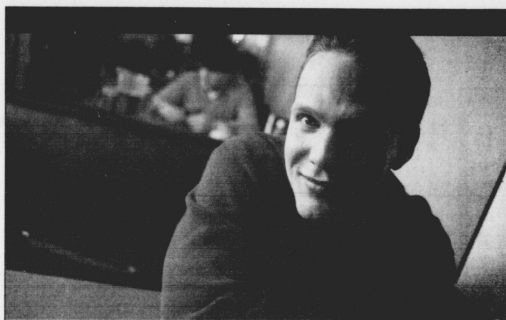
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| <p><b>Men's Sport</b><br/>Basketball</p> <p><b>Women's Sport</b><br/>Basketball</p> <p><b>Free Event on Campus</b><br/>Gator Roast</p> <p><b>Greek Event on Campus</b><br/>Greek Sing</p> <p><b>UK Athlete</b><br/>Gerald Fitch</p> <p><b>Kentucky Kernel Writer</b><br/>Mandy Langston</p> <p><b>UK Professor</b><br/>Alan DeSantis</p> <p><b>Easy "A" Class</b><br/>UK 101</p> <p><b>Residence Hall</b><br/>Kirwan Tower</p> <p><b>Classroom</b><br/>Classroom Building</p> | <p><b>Place to Eat on Campus</b><br/>Ovid's</p> <p><b>Place to Study</b><br/>W.T. Young Library</p> <p><b>Place to People Watch</b><br/>Wall outside of Classroom Building</p> <p><b>Place to Meet People</b><br/>Class</p> <p><b>Place to Go on a First Date</b><br/>Movies</p> <p><b>Music Store</b><br/>Best Buy</p> <p><b>Video Store</b><br/>Blockbuster</p> <p><b>Health Club</b><br/>Johnson Center</p> <p><b>Men's Clothing Store</b><br/>Express</p> <p><b>Women's Clothing Store</b><br/>Express</p> | <p><b>Coffee House</b><br/>Starbucks</p> <p><b>Late Night Restaurant</b><br/>Tolly Ho</p> <p><b>Pizza Place</b><br/>TIE: Mad Mushroom and Pazzo's</p> <p><b>Barbeque Restaurant</b><br/>Billy's Barbecue</p> <p><b>Fast Food Restaurant</b><br/>McDonald's</p> <p><b>Italian Restaurant</b><br/>Olive Garden</p> <p><b>Mexican Restaurant</b><br/>Rincon</p> <p><b>Oriental Restaurant</b><br/>Mr. Wok</p> <p><b>Sub Sandwich</b><br/>TIE: Jimmy John's and Subway</p> <p><b>Bar</b><br/>Two Keys</p> | <p><b>Place to Watch Sports</b><br/>Buffalo Wild Wings</p> <p><b>Place to Dance</b><br/>Varsity Blue</p> <p><b>Place to Play Pool</b><br/>Varsity Blue</p> <p><b>Place to See Live Music</b><br/>Rupp Arena</p> <p><b>Local Band</b><br/>Club Dub</p> <p><b>Radio Station</b><br/>WLKT 104.5 The Cat</p> <p><b>Reality Show</b><br/>Real World</p> <p><b>Spring Break Destination</b><br/>Cancun</p> <p><b>Tanning Salon</b><br/>Southern Rays</p> <p><b>Hair Salon</b><br/>Posh Salon and Spa</p> <p><b>Apartment Complex</b><br/>Royal Lexington</p> |
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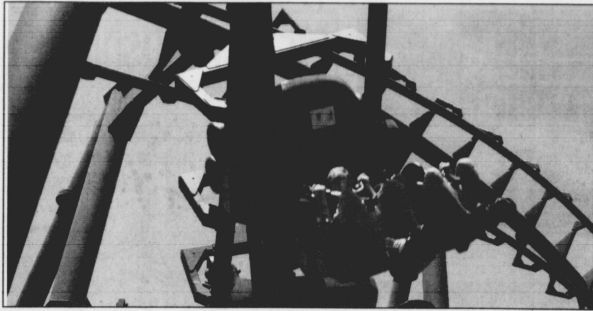
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Louisville, about 70 miles west of Lexington, is home to Six Flags Kentucky Kingdom. The amusement park includes seven roller coasters and a water park.

JONATHAN PALMER | STAFF

## Region provides plenty of distractions for students who need to get away

By Darlush Shafa  
THE KENTUCKY KERNEL

From horses to hiking and caves to coasters, there's no shortage of things to do. Local attractions include the Kentucky Horse Park in Lexington, Shaker Village and Fort Harrod just to the south in Harrodsburg, Fort Boonesborough in Madison County, Red River Gorge in Powell County, Six Flags Kentucky Kingdom in Louisville, the Newport Aquarium and Cincinnati Zoo in Cincinnati and Mammoth Cave in Cave City. And all except Mammoth Cave are within two hours driving distance.

The Kentucky Horse Park on Iron Works Pike is a 1,200-acre park devoted to horses and their relationship with man and Kentucky. There are two museums, twin theaters, 50 breeds of horses and the horse that recently starred in the film *Seabiscuit*.

To the southwest in Harrodsburg is the Shaker Village of Pleasant Hill. The historical site is dedicated to the Shakers that settled there and their way of life. The site boasts 14 restored Shaker

buildings, two shops with items made just as the Shakers made them more than 100 years ago, riverboat cruises and lodging.

Also in Harrodsburg is Old Fort Harrod, the oldest permanent settlement west of the Allegheny Mountains. In 1774, James Harrod and 32 other men departed from Pennsylvania and came to Kentucky. Fort Harrod is now a state park with a museum, the temple where Abraham Lincoln's parents were married and the oldest cemetery in the nation west of Pennsylvania.

Southeast of Lexington is Fort Boonesborough, named for famous pioneer Daniel Boone, who entered Kentucky by way of the Cumberland Gap and founded the fort along the banks of the Kentucky River in 1775. The fort today lies farther away from the river than the original, but has been reconstructed, complete with 18th-century antiques and crafts. The fort is also home to the new Kentucky River Museum about the history and development of commerce on the river. A campground, a pool complex, a miniature

golf course and hiking trails add more activities.

Just off the Mountain Parkway in Powell County near the town of Slade is the Red River Gorge. It has 26,000 acres dedicated to hiking, rock climbing, camping and more than 19 miles of canoeing or rafting the Red River.

Nearby to Red River Gorge is Natural Bridge, a historic rock formation with several miles of scenic hiking trails around it as well as shopping, a pool complex and Hoedown Island, an activities center known for dancing events.

Farther afield, about an hour and 45 minutes west of Lexington is Louisville, home to Six Flags Kentucky Kingdom. Kentucky Kingdom is an amusement park with seven major roller coasters, a water park complete with slides and wave pool, and games and other attractions.

About an hour and a half north of Lexington in the Cincinnati metropolitan area is the Newport Aquarium. It's a mind-bending experience complete with underwater tunnels, transparent floors and a pool where visitors can

touch some of the aquarium's more tame residents.

Also in Cincinnati is the country's second-oldest zoo. Founded in 1875, the zoo is home to 510 animal species and 3,000 plant species in dozens of exhibits. Everything from lions, tigers and bears to exotic birds, reptiles, apes and insects inhabit the zoo.

About two and a half hours west of Lexington off the Bluegrass Parkway is Mammoth Cave. It's known as the most extensive cave system in the world, with over 350 miles of mapped passageways.

There are several different cave tours, from the standard tour for everyone, to the hand-and-knees, crawling-in-the-mud tour. Hiking, fishing, horseback riding and canoeing are other alternative activities.

More recreation options can be found at <http://www.kentucky-tourism.com>. There, events, shows and other points of interest can be found, along with additional information about them.

E-mail  
dshafa@kykernel.com

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(top) Physics graduate student Joseph Anosh crosses the street at the Peterson Service Building where construction is making crossing of the street more difficult. (left) Some students still cross the street in perilous sections of road where construction crews continue to dig in attempts to install new sewersystems. (right) Undeclared sophomore Kathryn Minton crosses Martin Luther King Boulevard avoiding oncoming cars while construction crews build new dorms on North Campus. This area is particularly troublesome because of the amount of dirt and sand that is dispersed on the street, making it treacherous for bikers and motorists.

PHOTOS BY JONATHAN PALMER | STAFF

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(Left) Jeff Rice performs a hand-plant at Woodland Park June 20. Rice, a local stone sculptor, unveiled his commissioned project for the Ashland Homeowners Association on Aug. 7. In his spare time he enjoys skateboarding. (Right) Jeff Rice's sculpture, which was placed at the corners of Fin-castle and McDowell streets in the Ashland neighborhood catches morning sunlight. The sculpture was installed on Aug. 7 and is titled "Human Flower." The eleven foot sculpture draws many onlookers as it sits in the middle of the two-street intersection.

PHOTOS BY JONATHAN PALMER | STAFF

Continued from page 15

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