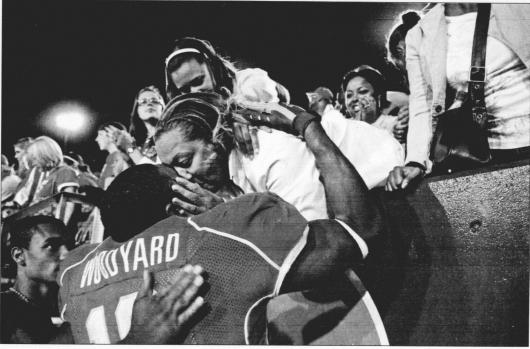
= CELEBRATING 36 YEARS OF INDEPENDENCE

OCTOBER 15, 2007 ERNEL

UK 43, LSU 37

1 FOR THE AGES

Cats unseat LSU in first victory over a top-ranked opponent since 1964



nior linebacker Wesley Woodyard kisses his mother, Edna Sutton, after the Cats beat No. 1 LSU 43-37 in three overtimes on Saturday, Woodyard led the team with 11 total tackles, including six solo tackles.

UK overcomes double-digit deficit, bests Tigers in triple-overtime thriller

By Eric Lindsey

elledsey@kykarmel.com
In 2002 it was the "Bluegrass
Miracle." Last year it was the 49-0
rout in Baton Rouge, La. But after
years of heartbreaking losses and demoralizing defeats against Louisiana
State, the UK football team finally
found a way to topple the Tigers on
Saturday night.
In what was possibly the biggest
win in UK football history, the No. 17
Cast took down No. 1 LSU in triple
overtime in front of 70-902 raucous
fans at Commonwealth Stadulum. The
43-37 win marked the third time in
UK football history that the Cast defeated a top-ranked team — and the
first since 1964, when the Cast defeated a top-ranked team — and the
first since 1964, when the Cast defeated a top-ranked team — and the
first since 1964, when the Cast defeated to the Absociated Press top 10 for
the second time this season, landing
at No. 8. UK was ranked No. 13 in
See LSU on none A6

ed Ole Miss.
"I júst can't say enough about

See LSU on page A6

Upset should convert non-Believe-ers

claiborne and Bob Gain, seven students spelled B-E-L-I-E-V-E on 0

JONATHAN SMITH Kernel

The rest of the 70,902 fans at Commonwealth Stadium on Saturday night be-lieved. The play-ers also believed.

So did the coaches So did the coaches.

And they made a believer out of me. From kickoff to the play before Braxton Kelley's bone-crushing, game-clinching tackle, I was a non-believer. There was no way UK could beat mighty Louisiana State, which boasts an endless amount of talent at running back and future NFL players at so many other positions.

Wrong, UK did just that, knocking off No. 1 LSU 43-37 in triple overtime in what will go down as one of the greatest games in the history of UK football.

greatest games in the history of UK
football.

"It can't say enough about the guts
and character of this football team,"
head coach Rich Brooks said. "That
was a heck of a football team we beat
out there tonight."

"We believe" has become the presume believe the believe that the said of the football team. It
stating motio of the football team. It
stating motion of the football team and
dancing. Senior wide receiver Keenan
Button, senior running back Rafael
Little, senior linebacker Wesley Woodyard and junior linebacker Kelley also
made cameos.

They claimed in the video that they could beat any team in the nation, in-cluding LSU.

But, for real, did you really believe the entire time?

Did you believe UK would win without Little, McClinton and line-backer Johnny Williams?

That's three starters out against the top team in the nation, Did you really believe then?

And did you believe when LSU scored right before the half to take a 17-7, lead? Did you believe when LSU scored the first 10 points of the second half to lead 27-14 with Just 3:39 left in the third quarter?

the third quarter?
"We went out there and we be-lieved in each other," defensive line-man Jeremy Jarmon said. "Offensively, they went out there and they just knew

See Smith on page A6

Female UK officers allege discrimination in suit

By Alice Haymond

Wilson and Lorr Creech. Three of them are uncaptured to 2005, and three of them involved Detections, and one is former officers, and one is 5005, and three of them involved Detections, and the policy of the Robbis Turner of them involved Detections, and the policy of the Robbis Turner of them involved Detections, and the policy of the Robbis Turner of them involved Detections, and the policy of the Robbis Turner of them involved Detections, and the robbis of them involved Detections, and the robbis of the Robbis Turner of them involved Detections, and the robbis of the Robbis Turner of them involved Detections, and the robbis of the Robbis Turner of them involved Detections, and the robbis of the Robbis Turner of them involved Detections, and officers, and one the Robbis Turner of them involved Detect

Extra police keep fired-up fans in check

By Alice Haymond ahaymond@kykernel.com

As UK fans stormed the field at Commonwealth Stadium after the triple-ortime win against Lord the stade of the state of the stade of th

fence and lit it on fire and threw in boxes and a chair," he said. The sacrificed chair came from mechanical engineering senior David Grisanti's front porch, but he said it was worth it.

it.

"I would give a broken chair every day of my life for the defeat of a No. 1 team," he said, "even if that chair was my leg."

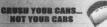
UK police received about three calls for burning couches Saturday night and one for a burning vacuum.

See Fans on page A5



Go to www.kykernel.com for the solution

			3					
	1			7		9	6	5
5	2	7	9					3
	5							
8		3	5		1	4		9
							1	
2					7	1	9	4
4	6	5		9			8	
					8			





Autobahn Autobody



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 s an 8 — You and your partner need to get serious about your plans. Living for the moment is fun,

rus (April 20 – May 20) Today s a 6 — Put your attention back on he job. You can reap some great re-vards. This is a rare opportunity.

HOPOSCOPES Cancer (June 22 – July 22) Today Leo (July 23 – Aug. 22) Today is

an 8 — This is one of those days when everything seems possible. Amazingly, it almost is. Begin new

Virgo (Aug. 23 – Sept. 22) Today is a 5 — The job's more difficult than anticipated, but you can cope. Just take it one step at a time, and stick "Aquarius (Jan. 20 — Feb. 18) To-typus schedule."

Aquarius (Jan. 20 — Feb. 18) To-typus schedule.

Libra (Sept. 23 – Oct. 22) Today is an 8 — You've been seeking truth, and perhaps philosophical logic. That answer and many others are very close right now. Reach out and

nini (May 21 – June 21) Today Scorpio (Oct. 23 – Nov. 21) Today

Sagittarius (Nov. 22 – Dec. 21) Today is an 8 — You're naturally very insightful, and today you will be awesome. The answer is so obvious you wonder why you never saw it before.

to before.

Capricorn (Dec. 22 – Jan. 19) Today is a 5 — Give yourself plenty of quiet time for thoughtful contemplation. Easily and naturally, you'll have a comforting revelation. You'll know

uay is an 8 — An absolutely mar-velous experience is in store. One of your friends is about to have a blinding revelation. Or your team fi-

nally wins a game.

Pisces (Feb. 19 - March 20) Today is a 6 — You naturally think outside the box. Due to your suggestion, a barrier that seemed in-penetrable is simply blasted away. You make the impossible look easy.

SALOTTOS



FAMILY TO THE RESCUE

Spears reaches out to her estranged mom and sister

By Kevin O'Leary

On October 8, tucked away in her new \$6.9 million Malibu, California, mansion, Britney Spears took the sweet with the sour: a visit with sons Sean, 2, and Jayden, 13 months — and a

ney's father, Jamie (who, according to the source, is in Kentsewood recovering from Kene surgery), says the goal is to get ber back in rehab. (In March, she completed 28 days at the Promises Treatment Center in Madiba), "It's just a question of low long it takes to wear her down."

I front of a court-appointed partition of a court-appointed partition of the court months of the partying will stop own that Grandma's back in town."—Jyme is so excited to be spending quality time with her daughter and grandbales," says an insider. (But she probably how long it takes to wear her down."

with the rest ment of the rest months of the rest many since from the single f

MONDAY NIGHT FOOTBALL Free Appetizer Buffet \$4 Pifchers \$1 Wells for Ladies



Education today for tomorrow's leaders

If you've thought about taking graduate courses to increase your career options, stimulate your curiosity, or achieve a personal goal, now's the time. Our convenient evening classes allow graduate students to pursue an advanced degree while working full time.



The following master's programs are currently offered:

Accountancy

Business Administration Community Counseling

Computer Science

Education

Industrial-Organizational Psychology

Executive Leadership & Organizational Change

Business Informatics Instructional Leadership

Liberal Studies

Nursing

Public Administration

School Counseling

Communication

Health Informatics

Teaching Juris Doctor/Business Administration



Big Blue Goes Green: A Sustainability Showcase October 16 and 17 • UK Student Center

Learn what UK is doing in support of sustainability.

Attend a FREE Concert

Kick-Off Concert: "The Red Sta Tue., Oct. 16; 7 pm; Stoll Field

View the FREE Exhibits Showcase

ganizations showed groups, and other relate ganizations showed groups, and other relate defiorts at UK and in the community. ed., Oct. 17; 8 am - 4 pm; udent Center Grand Ballroom

Receive a FREE T-shirt

Register to win a FREE commuter bicycle Wed, Oct. 17; 8 am – 4 pm; Student Center Crand Ballroom

Participate in a FREE working lunch

All students are invited to attend a free "working lunch" to share your ideas and input regarding education in environmental sciences and other environmental-related

careers at UK. Wed., Oct. 17; 11 am – 1 pm. Student Center, Small Ballroor

Watch a FRFF movie

Enjoy FREE popcorn

Attend FREE sessions

- Attend FKEE Sessions

 Sustainability 101

 Food and Sustainable Agriculture

 Sustainability in/and Appalachia

 Affordable Housing
 and Sustainable Cities

 Sustainabile Building Design

 Overcoming Barriers to Sustainability
 on University Campuses

 American College and University

 Presidents Climate Control and the
 Transformation of the American University
 Wed., Oct. 17: 9 am 3 pm;
 visit www.uky.edu/sustainability for agenda.

and interested members of the public are invited to attend.

onsors: Facilities Management • UK Residence Life Recycling • UK Student Center Director's Office Bookstore • UK Tracy Farmer Center for the Environment • WRFL 88.1 FM Lexington



GREEN: A Sustainability Showcase

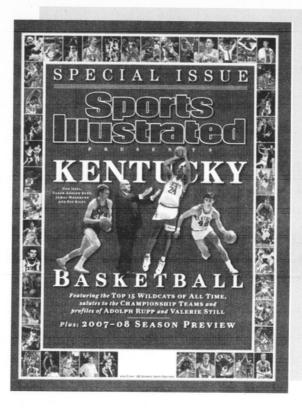
For more information visit www.uky.edu/sustainability

SPECIAL ISSUE!

Sports Musuated SPECIAL ISSUE!

presents

KENTUCKY BASKETBALL



- ► Sports Illustrated's All-Time Kentucky Team
 - ►Kentucky's Championship Seasons
 - ►The Future of Kentucky Basketball

ON SALE NOW!



Fans, fireworks explode for Gillispie at Madness



Billy Gillispie's tenure at UK began with a bang.

With fire rising from the tops of the backboards and curians surrounding midcourt, the boom of fireworks filled Rupp Arena. The curtains dropped, and the new head coach appeared for the first time.

With that, a new season — and a new era — began for UK basketball. Tean't talk," Gillispie told the crowd of 23.313, a new Madness record, "I have a sense of tradition in basketball. I've heard what it's like to be the head coach in Rupp Arena, and it can't feel better than this."

Fans got their first looks at freshmen Patrick Patterson, AJ. Stewart, Alex Legion and Mike Williams.

Patterson, who landed at UK this year after a long recruitment, received the biggest ovation from fans. Patterson chose the Cats over Florida, and he elicited another court on when he claimed that no win would be sweeter for him than beating the Gators.

"I want to beat every team we play,"

er ovation when he claimed that no win would be sweeter for him than beating the Gators.

"I want to beat every team, we play," Patterson said during a question-and-answer video. "But mainly Florida."

Patterson went on to win the dunk contest over Stewart, a mild suprise given the team's talk of Stewart at Media Day on Friday afternoon.

"AJ. can jump out of the gym," sophomore forward Perry Stevenson said. "He's pretty much the favorite to win, Don't let that smile he has fool you, If you fry more forward perry Stevenson said. "He's pretty much the favorite to win, Don't let that smile he has fool you, If you fry more forward Perry Stevenson said. "He's pretty much the favorite to win, Don't let that smile he has fool you, If you fry much the favorite to win, Don't let that smile he has fool you for one of the sound of the second round. That opened the door for Patterson, who didn't disappoint.

Patterson faced the onposite basket and

Patterson faced the opposite basket and



UK men's basketball head coach Billy Gillispie sits on the sidelines during the team's Blue-White scrimmage at Big Blue Madness on Friday night at Rupp Arena.

bounced the ball through his legs and off the backboard before slamming it down. On his second dunk of the final round, he lobbed the ball off of the shot clock above the basket, caught it and dunked it.

The scrimmage was Legion's time to shine.

The freshman guard, who billed himself as a "pretty good jump shooter," socred 11 points in leading the White to a 34-31 victory over the Blue, Legion and sophomore lodie Meeks battled back and forth, trading baskets throughout the 16-minute scrimmage. Meeks led the Blue with 14 points.

UK football head coach Rich Brooks also spoke Friday night. As the crowd gave him a standing ovation, Brooks urged the fans to

Office of Student Activities, Leadership & Involvement.

WWW.UKY.EDU/CAMPUSCALENDAR

PROPERTY OF A DESCRIPTION OF A DESCRIPTI

CAMPUS CALENDAR

TO POST YOUR OWN UK EVENT

n is to appear. Call 257-8867 for more

Speed Dating, 7:00 PM, Memorial Hall • Rovert C. May Photography Series, 12:00 PM, UK Art Museum • UK Art Faculty Exhibition, 12:00 PM, UK Art Museum • Swing Dance

• Swing Dance Lessons, 8:00 PM, Tates Creek Recreation Center

• Poetry Slam, 7:00 PM, Cats

Poetry Slam, 7:00 PM, Cats Den
UK Art Faculty Exhibition,
12:00 PM, UK Art Museum
Delta Epsilon lota Meeting,
5:30 PM, James W. Stucker
Career Center
"Before Dark" with
AcoUstiKats, "Paws and
Usen" & Jonathan's
Jonathan's
Interviewing 101, 12:00 PM, Haggin
Field
Interviewing 101, 12:00 PM.

Machete, 7:00 PM, Haggin Field
Interviewing 101, 12:00 PM, Oliver H. Raymond Bldg
1 1408 - Cheap Seat Tuesdays, 8:00 PM, Worsham Theater
Dance Lessons, 8:30 PM, Grehan Journalism Building
I NABB Meeting, 5:00 PM, Grehan Journalism Building
I Honors Program Student
Council meeting, 7:00 PM, Student Centre
Robert C. May Photography Series, 12:00 PM, UK Art
Relay For Life Involvement
Meeting, 7:30 PM, American
Cancer Society

UK Art Faculty Exhibition, 12:00 PM, UK Art Museum
 National Student Exchange Info Session, 3:00 PM, 102 Miller Hall
 Robert C. May Photography Series, 12:00 PM, UK Art Museum
 Dan In Real Life [previewing], 8:00

[previewing], 8:00 PM, Worksham

Robert C. May Photography Series, 12:00 PM, UK Art Museum
 UK Art Faculty Exhibition, 12:00 PM, UK Art Museum
 CCO Board Meeting, 5:00 PM,

enter Expanded Gaming Panel biscussion, 9:00 PM, Student

• STAG Meeting, Student Center

• Round robin Interviewing, 3:00

PM, James W. Stuckert Career

Center Center
• CCO Board of Directors
Meeting,5:00 PM, 106 Student
Center

The Warriors, 10:00 PM, Center Theater

The Warriors, 10:00 PM, Center Theater
Vertigo USA: A U2
Tribute Band, 8:00 PM, Memorial Hall
UK Family Weekend
UK Art Faculty Exhibition, 12:00 PM, UK Art Museum
The Warriors, 8:00 PM, Center Theater
Photograph Warriors, 12:00 PM, UK Art Museum
Italian Conversation
PM, UK Art Museum
Italian Conversation
Practice, 5:00 PM, Coffea Island

• UK vs Florida Commonwealth Stadium, TBA



FANS

Continued from page A1

"It's just something people do when they get real excited and they're intoxicated," said officer James Haubenreich of UK police. "It's not unique, but this fall is the first time there's been so many incidents."

A similar scene occurred after the UK football team upsette University of Louisville in September. A couch was burned in the streets and a house was commended after a night of partying in a near-standard promplaints. Lexington and UK officials partnered to implement new game-day security measures, such as bringing in 41 additional Lexington police officers.

But students still celebrated.

ditional Lexington police offi-cers.

But students still celebrated, and overall, Haubenneich said the fan reaction was fairly typical.

"This is average for a game night, and a little bit busier than a normal night," he said. "But it kind of ebbs and flows."

Despite 22 arrests by UK and Kentucky State Police at the game, interim UK police chief Joe Monroe said the students' behavior was controlled.

"I was very happy with the student behavior," he said, "because they didn't (immediately) rush the field. They watted unit other fans had already rushed.
"I wanted to make sure they know that's the kind of behavior



A Lexington police officer stands near a vacuum cleaner that was set on fire on the corner of Press and Gazett avenues after UK's 43-37 win over Louisiana State University on Saturday.

that we want."

About five LSU fans stood around their cars on the corner of Woodland and Hilltop avenues, taking in the cheer user them and looking at the bumper-to-bumper traffic.

"I expected us to come in here and wim," said Ricky Plaisance, a 40-year LSU fan: ('Kentucky) never said die. They just kept fighting and fighting and fighting back."

Some Kentucky fans were

win against LSU. Before he made the nine-and-a-half hour drive from Mississippi, which he said he makes for every football home game, he called up his son.

"I talked to him on Friday, and I said, 'Believe that you can do i("." Peters said. "Every play something miraculous can happen."

Do you have high blood sugar?

may be qualified to take part in a research study for le with Type 2 diabetes mellitus. You may qualify for this

- udy ii.
 You are male or female between the 18 and 70 years of age
 with type 2 diabetes.
 If you are female, you must not be able to have children.
 You have been taking the same dose of metformin for at
 least 2 months.

f you qualify, your participation in the study would last about months, during which you will receive the investigational toudy drug and study-related medical care at no charge. You will also be reimbursed for your out-of-pocket expenses; comuning expenses, meals, and parking fees.

KENTUCKY MEDICAL RESEARCH CENTER

RESEARCH TODAY FOR A HEALTHIER TOMORROW

AG candidates to discuss open government

Kentucky attorney general candidates Jack Conway and Stan Lee will be at UK tonight to discuss their views on Kentucky's open-meetings and open-records laws and how they plan to support these regulations if elected.

elected.

The forum, which is tonight at 6:30 in the small ballroom of the Student Center, will help voters understand the candidate's stances on Kentucky's sunshine laws, said Mike Farrell, director of the Scripps Howard First Amendment Center at UK.

"The attorney general is the state constitutional officer who is most responsible for ensuring that sunshine laws are enforced," said Farrell, an assistant professor of journalism.

when the constraint of the con

elected.

"Os government functions best when it
o's government functions best when it
o's so in the open," Conway said. "People
have a right to know how their government
is functioning."
Republican candidate Stan Lee said he
agrees that the open-records and open-meetings laws hold significant value for both the
government and the public.

"I think a lot of the public gets their in-





formation from the press, and that seems to be a good conduit for that information," Lee said. "I've been a strong open-records and open-meeting advocate. I wrote the law to open the records of the violent juvenile of-fenders. I have a proven record of that."

Al Cross, director of the Institute for Rural Journalism and Community Issues at UK, said everyone benefits from proper government observation of sunshine laws. "Just as the forum is not only for journalism students, open-government laws are not only for journalism students, open-government laws are not only for journalists, "right to know what public officials do — or fail to do — in their behalf. Anyone who attends the forum should come away with a better understanding of open-government issues in rstanding of open-government issues in

Kentucky."

The effect of sunshine laws on economic Vantucky may be one The effect of sunshine laws on economic development in Kentucky may be one topic of discussion at the forum. Kentucky law restricts access to documents that would give an unfair commercial advantage to competitors of the entity that provided ac-

cess to the information.

Open meetings regarding future acquisition or sale of property by a public agency when "publicing would likely affect the value of a specific piece of property to be acquired for public use or sold by a public agency" are also not open to the public.

"I think it's certainly an area that deserves to be looked at to see whether or not it should be more open." Lee said.

Conway said he believes sunshine laws should apply to economic-development issues except when they are harmful to businesses.
"I think economic-development records."

sues except when they are harmtui to ousinesses,
"I think economic-development records should be open unless the info would be detrimental to the company involved, the type of information that would give their competitors an advantage against them if the record was disclosed," Company said.

The First Amendment Center, the Society of Professional Journalists, the UK School of Journalism and Telecommunications, and the Institute for Rural Journalism and Community Issues are sponsoring the forum.

Cross said he hopes the forum will be beneficial for both the candidates and those who attend.

benetical for both the candidates and those who attend.

"The last two attorneys general have generally supported open government through their opinions," Cross said, "and we hope the forum will help encourage the next attorney general to do likewise by remind-ing him that there is a constituency in Ken-tucky for open government."

The human heart begins to beat in only 18 days. **CHOOSE LIFE EDUCATE YOURSELF CKRTL.ORG** Make the Natural Choice, Choose Life Right to Life of Central Kentucky, Inc. 1600 Harrodsburg Rd. Lexington, KY 40504 859-272-3920



Interested in being a leader? Call 266-3721 or email younglifelexington@hotmail.com

Light agenda for tomorrow's trustee meeting

By Jill Laster

Last month UK's Board of Trustees selected a woman as chair for the first time in board history after days of phone calls, e-mails and meetings between trustees.

The board's agenda for its monthly meeting bomorrow is a little less demanding.

"To be honest, this is one of the lightest board agendas I've seen in quite a while," said staff trustee Russ Williams.
This month's board meeting, the first full meeting led by Chairwoman Mira Ball, will consist mostly of reports from the board's six committees, "I don't think it's all that tunusual early in the year for the agenda to be a bit lighter," said the year for the agenda to be a bit lighter," said the year for the agenda to be a bit lighter," said the year for the agenda to be a bit lighter," said the year for the agenda to be a bit lighter," said the year for the genda to be a bit lighter, and the year for the genda to be a bit lighter, and the year for the period to the time."
Along with President Lee Todd's monthly status report to the board, Dean of Libraries Carol Diedrichs will talk about the status of the UK library system.

"Each meeting, as the schedule allows, a difference of the property of the property of the property of the property of the UK library system.

Diedrichs will talk about the status of the UK library system.

"Each meeting, as the schedule allows, a different college has been making a report to let board members have more information about the different academic units on campus," Blanton said. "It's simply libraries' turn."

Among the items up for approval at this month's meeting are UK's audit report for the 2006-07 fiscal year and financial support or a research building at West Kentucky Community and Technical College in Padacah, Ky.

A proposal to rename the opera-theater classroom building on Rose Street, the K-House, is also on the agenda for approval by the board. If approved, the building would be named after Bill and Cassiana Schmidt. The Schmidts donated SI million to UK's opera program. Half of the money will go to renovations and half will go to programming, Blanton said.

LAWSUIT

nued from page A1

his firearm in the UK police parking lot in fall 2005. Within the next few months, he received a two-day suspen-sion for the fired shot, according to the February letter.

Monroe, who has been the acting chief of UK policy letter.

sion for the fired shot, according to the February letter.

Monroe, who has been the acting chief of UK police since July 2006, said he could not comment on the claims against him because they are part of pending litigation.

The lawsuit also addresses in depth the case of Blankenship, who was fired in July for health reasons. She suffered a work-related injury in October 2006 and took a temporary leave on disability status, according to the lawsuit. Monroe contacted her by letter in June 2007 and said UK had been informed that she could return to work. If she still had a permanent injury, he said, she could request disability status to the Office of Institutional Equity and Equal Opportunity to ensure accommodation of her disability on the return.

quest disability status to the Office of Institutional Equity and Equal Opportu-nity to ensure accommodation of her disability on her return. According to the lawsuit, her doc-tors had not released her, and she con-tacted the institutional-equity office as instructed. Nearly a month later, Mon-roe sent her another letter informing her of her termination from UK Police. UK spokesman Jay Blanton said he could not comment on whether Blanken-ship had qualified for disability status. The lawsuit, which says the women suffered "compensable injuries includ-ing embarrassment and humiliation, mental anguish and emotional distress, if the second gender-discrimination au years. Former assistant police chief Stephanie Bastin, also represented by Abell, filed a suir in July 2006 alleging that she was fired for rethising to drop a citation against a UK administrator and accusing UK police of gender discrimi-nation. The selection process for UK's po-

nation.

The selection process for UK's po-

lice chief, a position that has not been permanently filled since November 2004, plays a role in both cases. After hearing rumors that Clevidence, who was then UK's vice president for auxiliary services, would select Monroe as the next chief. Chilton and Blankenship met with UK President Lee Todd in May 2005, according to the lawsuit.

lawsuit.

In the meeting, they claimed Mon-roe mismanaged the department and had "a discriminatory and stereotypical attitude toward women," according to

roe mismanaged the department and had "a discriminatory and stereotypical attitude toward women." according to the lawasit.

Two years later, for Bastin's case, Chilton gave a deposition about the meeting with Todd.

"(We) Felt like he needed to know some more information that he probably wasn't getting." she said, according to the lawsuit.

In her deposition, Chilton said Monroe frequented strip bars after hours with officers he supervised, some of whom bought him lap dances, and that he engaged in personal favortism at the Company of the















FOOTBALL NOTEBOOK

'It's the greatest moment of my life'

"It's the groater some of one file." When the control makes."

The six was validation for the New Colcius with the control of the Section of the Control of the Section of the Control of the Section of the Section of the Control of the Section of

By Eric Lindsey "To this point, it's got to be right up there at the eledery@systemet.com top as a head coach," he said.



SMITH

Continued from page A1
they do more that this other. Due
to go the beautiful from the conference and
they do more the fill to the fill. Due
to go to the sear and disregar costs
to go to of these and disregar costs
to go to of these and disregar costs
to go to of these and disregar costs
to go to the search of the conference and wis in covertine.
And to you'll believe a
covernment of you will be liver to go the search of the conference and wis in covertine.
And to you'll believe a
covernment of you will be liver to go the conference and wis in covertine.
And to you'll believe a
covernment of you will be liver to go the covernment of you will be liver
to go the covernment of you will be liver to go the search of you will be liver to go the you will be liv 66 I can't say enough about the guts and character of this football team we beat





■ KERNEL EDITORIAL

Housing restrictions aren't needed to solve town-gown tension

man David seven would be ulman but the UK students. The proposal, which University Area Housing Association officials discover to work ago, suggests that UK adopt regulations similar to those in place at Pennsylvania State University, where off-campus students cannot live more than three to a house unless they're related and cannot live within 150 to 200 square feet of another studenthome.

they to those and the state of the control of the c

city, as opposed to as it is now.

About 75 percent of student homes near campus would be ineligible for occupation by students, said Andy McIntire, a landlord and member of the UAHA, in an Oct. 2 Kernel arti-

for students would also drive up rent prices, McIntire said in the article. This is an unfair consequence that would result from such a "solution" to neighborhood relations. Although stu-dents would be hurt most by these measures, every resident of campus neighborhoods would suffer from

higher rent.

As Vice President of Facilities

Management Bob Wiseman said in the
article, the dynamics of UK and Penn
State are very different, and new implications would arise from a similar Lex-

ngton plan.

UK would need to start offering UK would need to start oftering more campus housing, especially options that are attractive to upperclassmen, if the regulations were adopted. As of now, most upperclassmen live off campus — a situation that the proposal might make unsustainable, especially considering that UK already has too little parking to accommodate commuters.

To bring more students to campu UK would need to build more apart ment- and suite-style housing with amenities similar to those of the off-campus apartments students current' eniov.

enjoy.

Moreover, the price of campus housing would need to come down: Residence halls are costly, compared to the more spacious and private off-campus options. A traditional air-conditioned double costs \$5,809 annually; a double in the suite-style new dorms costs \$6,924 annually. But these prices include almost

Both those prices include almost \$2,000 for the mandatory meal plan — which UK should consider making optional for upperclassmen

which UK should consider making op-lonal for upperclassmen.
Finally, unlike UK, Penn State is a wet campus. Students over 21 would certainly be more willing to live on campus at UK if they were allowed to keep and drink alcohol in their rooms in residence halls.

But before the city or UK consid-ers a drastic change in living regula-tions to solve conflicts, it should look for simpler and more direct solutions like increased communication be-tween residents and increased en-forcement and education on city ordi-nances.

nances.

Until then — or until UK can provide housing for all its undergraduate:
— a plan restricting student living in the city shouldn't be considered.

Democracy eludes China,

but will someday take hold

Communist Par-ty's 17th con-gress, in a BBC News story yes-terday. "We have advanced political reform without pause."

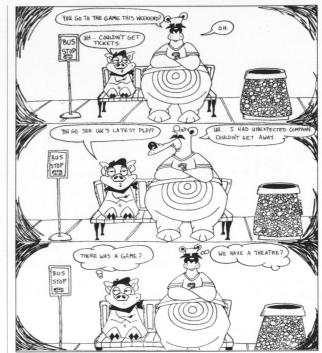
pause."
However, Li immediately followed
with the statement: "We will never
copy the Western model of political
system." The congress, which opened today

The congress, which opened today, is China's most important political meeting in five years and will largely dictate how the country will be governed in the near future, according to the article. The fact that the congress spokesman made a firm stance on democratization prior to the opening of the congress sends the unmistakable message that the topic is not subject to debate.

message that the topic is not subject to debate.

I am sure that many people longing for democracy in China are crushed by spokesman Li's words. It now seems that the process of democratization will not begin in earnest anytime soon, certainly not in the next five years.

However, there are two ways to look at the issue: The pessimist despairs at the current government's rejection of democratization, while the patient optimist sees that, amid the increasing pressure both internally and externally to step down from the one-party system, the Communist party is forced to address the issue directly. And while the message is a negative one, the party is indirectly admitting the need for political change in its economically booming country.



TOM WILKINS, Kernel cartoonist

LETTERS TO THE EDITOR

Greeks take integration seriously

To the Kentucky Kernel staff and the campus community:

On behalf of the Greek community, we would like to address the inappropriate cartoon that was printed in the Kernel on Oct. 5 and the overwhelming issues that have spawned since its publication. We feel that it was not only offensive to the Black community but also to the Greek community as a whole, which consists of all ethnicities. Aft are she cartoon caption, "UK Greeks lead the way on integration with this year's new bids," our community of the other community as the other community of the other community has been stereotyped as racist and inferior. In no way do we think it is justified to say that our members would treat one another or anyone else in such a way, Our governing bodies strive for unification and cooperation among individual fraternities and sorries, no matter the traditional heritage from which they originate.

We want readers to be certain that in no way did any

We want readers to be certain that in no way did any We want readers to be certain that in no way did any Greek-affiliated organization support the cartono being published. It is clear from the immediate reaction by the Greek community on Friday afternoon where we stood this issue. We took our stance beside all students of all ethnicities protesting the publication, showing that our campus community stands united against any such perceptions.

It is our hope out of this horrific disolay of journalism

compose community stands unless dagains say such exceptions.

The property of the stands of the stands of journalism and lack of respect toward the Greek community that we are rise above these obtaineds and create a more unified campus. We are trying to make this a positive learning opportunity for our community.

We have come together in response to this, and our governing bodies are more supportive of one another than ever. Our goals are to continue to keep this line of comminication as active as it is now and to try to foster the relationship we have been developing so that it may spread around campus and have an impact on the diversity of not just the Greek community, but the campus as a whole.

Brooke Perrin Aria Higgins
nellenic Council president National Pan-Hellenic Council president Matthew Swafford

Francis Council president

Panhell Julie Meador

Iraq-Vietnam comparison not valid

My letter is in response to the Oct. 12 Kernell article on former Sen. George McGovern. From what I understand, he was invited here to speak as part of the Making Sense of the Vietnam Wars Conference.

My first problem with this speech was the nature of it. As I sat in my history class this morning, my professor used a good example. People always want to believe used a good example. People always want to believe me an ill-conceived notion to take a major event from history,

fied. All are entitled to their opinions and free speech, but this wasn't a Democratic rally or an "elect Hillary" rally. If that's what McGovern's speech was meant to be, then he should be proud to stand behind it, and not hide behind past political blunders and stories to state what he really wants to say.

like the Vietnam War, and compare it to another major event, either past or present.
While it's perhaps an interesting paper topic, to take a lecture about the Vietnam War and compare it to the war in Iraq just doesn't seem fair. There is not a single president in the history of this country who didn't do something citzens disagreed with. We could take many major events from history and compare them. We like to say history repeats itself, but this just isn't the case. The best thing we can do is to learn from our mistakes, past and present. No matter what McGovern says, the mistakes made in Vietnam are not the same mistakes some believe were made in Iraq.

nam are not the same mistakes some some that McGovern My second problem with this speech is that McGovern did not seize the opportunity to talk about Vietnam, but instead spoke about all the mistakes we ve made in Iraq, all the lies, how we need to bring the troops home and so on. Here's the bottom line: We ve already heard it! Taking a speech about the Vietnam legacy and turning it into an anti-Iraq war platform for the Democrats simply isn't justified.

Kelsey Gough

Keep discussing wars' similarities

Keep discussing wars' similarities

On Wednesday night, I sat in on part of the panel discussion titled "Vietnam Lessons and fraq Parallelis: Reflections by Vietnam Veterans." I hope this panel will conduct similar discussions soon and frequently. I found myself wanting to shout out, "Listen people, these guys are telling you the truth."

I am of the Vietnam generation — I was in high school and college during the war. I had a couple of classmates killed in Vietnam and am currently married to a Vietnam War veteran. I also have a college-age son who has buddies now in Iraq.

The Vietnam veterans who were on this panel told poignant stories of their time "in country" and how it has changed them. The similarities of the two wars are rightening! The bottom line is that more of this kind of discussion needs to take place on a regular basis.

By the way, I am a nontraditional student working on finishing a degree interrupted many years ago by the Vietnam War!

Weekly Poll Question

Was the increase in security following Saturday's football game against LSU successful?

Vote online at www.kykernel.com

The Kernel is looking for columnists to write on a regular basis. Those who have an interest in campus and local issues will be given special attention, although columnists of all interests will be considered.

Columnists Needed

E-mail opinions@kykernel.com

Will China ever have Western-style emocracy? To some people, the anwer seems to be a definite "no." Pollitical reform is an important component of our comprehensive reform," said, it Dongsheng, the spokesman for the Chinese Communist Party's 17th conty's 17th con-

pression; in the rural areas, where many still suffer from impoverished living conditions and corruption among the leadership, farmers are protesting — both vocally and in private — the process of choosing local officials.

The Communist party has been noticing the social discontent among the citizens, and it has taken measure to make amends. In the late 1980s and early 1990s, farm taxes were so heavy that some farmers made less money from their land than the taxes they owed. Over the last decade, China has relieved its farmers much of farm taxes, according to a report by International Food Policy Research Institute.

International Food Policy Research Institutional Food Policy Research Institution of Poli

political change cannot be ignored for-ever.

And until then? Right now, the cur-rent leaders seem to be ruling China with great competence. Personally, I'd rather have an accomplished hydro-electric engineer and expert in eco-nomics like Hu leading China than a lawyer or a career politician. The polit-ical system is far from perfect, but for the present, it is working well for prac-tical considerations.

ntry.
With the improved living stan-I and the vastly expanded infor-ion exchange, Chinese urbanites demanding more freedom of ex-Linsen Li is a history and journal-junior. E-mail lli@kykernel.com.

CLASSIFIEDS Visa, Mastercard and American Express accepted DEADLINE: 2 p.m. the day before publication

FOR SALE

585-307.

188. 118.A UTHENETTE lander yours facility dept.

189. 118.A UTHENETTE lander yours fa

693-201-2000

2008 BASSMENT APT of windows, wild, all bills paid
PSYMmor 2015 Same 3, 301-2600, 202-2016

WANNER LIKE AND COMMENT APT of windows, wild, all bills paid
PSYMmor 2015 Same 3, 301-2600, 202-2016

WANTED

WANTED

WANTED

BARTENINGUE UP 10 ESSidery, No. 100, 200-2016

BARTENINGUE UP 10 ESSIDERY,

a historic home @ 154 Woodland Ave. w/ new kitchen, elec., a/c & heat & skylights. \$695/mo. 361-0990, 229-6516

186.A F HSTORIC Henry Clary Bluf Elec. Heat purpo-cife 4, printing ground floor. Ready by move in. 5175/20m. - 14th; 2025/20 is move in. 518 A ANAL NOV. Near U.K. All sell, pd. S555/no. Cel. 5205/20 is 2005/20 is 2005/2

AND MCASHAN, WHICH IS WARD IN THE PROPERTY OF THE PROPERTY OF

ATTENTION LADIES! What could you do and 1900keh in clash? Earn that + more southing seround 5000keh in clash? Earn that + more southing seround 5000keh in clash for facilities of the form of the country for an internal country for particular services frontied legislation services from paddic versional primate discovery proposed versions. Provide legislation services from the country proposed version for the country proposed v

Part-time bookkeeper.
Consider upper-class or
graduate students.
Accounting or Finance
Majors.
859-254-5665

AUTO TRADER MAGAZINE a division of Cox Enterprises is looking for an outside photographer for PT employment 6-10 hrawk. Tou must have reliable transportation as well as a valid diviner's license/insurance. Cox Auto Trader offers diverse workforce. Drug besting employer. Please email resumes to lextrader@liglou.com.

scellaration des Louis and service mans à deserva-teriamente le learnée de la company de la company

STARS MERGE OF TON-Fire 1 800 SMR 1986

CHARLE BROWN'S IS hising servers and bartendent codes. Apply at 816 Eacled Ave.

CHILDCARE. - PLAYBOOM ATTENDANT at Collins
Solving Centers - Southind Dr. FT homes: Times
545-848 every other Sat. 64-812bin Get application
250 Southland to or email to danning/scollinsbowling.com
CHILDCARE CENTER has PT positions M-F. Please
call 289-3756

CHONSTRUKTIONS. & BORDERT Mail-Market.

859-269-5700

EARN 890-3200/MD. To drive brand new cars with adds placed on them. www.AdCarClub.com

HEALTHY MARIULAIVA USERS needed for studies conducted by researchers with the UK College of

Medicine Department of Baharisonal Science. These rushies will evaluate the behavioral effects of pre-scribed TSA-approved medications. You may be able to participate it you are between 18-20 years not, are in good health, have used marigues in the past years and are not year year. Persons well or casely well be and all years are the past years and a proper service of the least 3 days a week for 57 hours such day will be required. For more offermation, call Bigs 22-332. All information will be last confidential.

enformation will be last confidential and account of the Market Confidential and Market Confidential A

ANTIONAL ACADEMY DAYCARE. Now hiring FT/PT.
M-F. Call 273-3692

NOW HIRING Line Cooks at Red Lobster. Apply in person. 2550 Nicholasville Rd. Day 1 benefits. 855-276-1422

PLATO'S CLOSET NDW hiring. Immediate openings. Great employee discounts. Fun work environment, flexible schedules. Casual dress code. Close to cam-pus behind Fazoli's on Nicholasville Road. Apply Within, 278-6680.

PRE-VET STUDENT WANTED for PT work. Definitely
Sat. & other days possible. Send email to villageanimak@yahoo.com
PT AM KENNEL position. Apply in person. Richmond

Rd. Vet Clinic. 3270 Richmond Rd. 263-5037.

Mil. Ver Clinic. 270 Richmond Rd. 263-5627

FF DEMPORE: Landscaping company. Variable required. After institution is considerable and resident of the controlled an expected. After institution is considerable and expected. The controlled and expected of the controlled and expected from the contro

conx. HIX. RHS. and days. Mis Act. 878. L High 35.

PT PRES-SCHOOL ASST, needed Tissas and Thurs. 1
§om. Pageshill Day School. 277-8813

RESSARCHERS ARE LOKING For Young Adults, ages 19-36 to perilopate in a study of reaction time, ages 19-36 to perilopate in a study of reaction time, ages 19-36 to purilopate in a study of reaction time, ages 19-36 to April 20-20 to April 20-2

nooed with APRIO or ADD, we would like to hear born you. Preference the compensate for the thorn you. Preference the compensate for the SALMAGE BILLIONS AMERICAS. In him page, and a series of the series of the series of the series of the Prevention and would be prevent and any and a series of the series of the series of the SALMAGE BILLIONS AMERICAS. In a series of the series o TONY ROMA'S NOW taking applications for servers, hosts + bussers. 859-272-7526.

TUMBLEWEED RESTAURANT is hiring servers, hostless, and dishwashers. We offer flexible scheduling. Please apply at 3101 Clays Mill Rd.

LODGE COVERS SERVING TO SERVING SERVIN

YESTERDAY'S BILLIARDS BAR & Grill hiring servers, clerical + billiards personnel. Apply within. Lower Level Civic Center.

PT OR FT POSITIONS for cashier, stocking + photo clark, Flex. Hrs. and days. Rite Aid. 878 E. High St. PERSONALS

MISS LEXINGTON PAGEANT. \$8000.00 in cash a arship. Apply online: misslexington.tripod.com

WANTED

CASH FOR YOUR GIFT CARD: Intercetted in selling your gift card for each Call 866-1932.

JUNKED CASH WANTED to buy, 858-221-4848.

LOOKING TO RENY. Year round space near down-home for small. I filted fishing, automost ablete from snow and rain. Need to be accessible 2A hours. Heat would be a boxus. For would keep to such size for the control of the c

ROOMMATE WANTED

1BR OPEN FOR Luxurious Bachelor Pad. Contact immediately for great price. Please call 859-684-9725 3645 LAREDO: Need 1-2, \$500-350/mo. for 3BR, 2BA house. Backyard, pets OK, w/d. 859-983-9470

SERVICES

INSURANCE AUTO & RENTERS. Will shop comparies and compare for you. Low mo ments. International licenses okay, sulfiva tage.com. Call 859-233-1637 for free quote

TRAVEL

CONFIDENTIAL PREGNANCY ASSISTANCE Birthright 2134 Nicholasville Rd. 277-2635 suite 6 4-HOUR HOTLINE 1-800-550-4900



of Psychology is conducting a number of studies involving the effects of alcohol on behavior.

Participants should be between 2155 years of age for alcohol studies.

Therefairment, food and beverages are provided after study in a comfortable setting.

Healthy male and female social drinkers are needed.

Call 257-3137 for more information

ALCOHOL RESEARCH STUDIES AT UK





WRITING TUTOR

call Huntley 266-2724

noon to 2a.m. Including Weekends



	1		4 1	
1 1				
		-		
1 1				
\dashv		-	H	_
+		-	\vdash	_
		_		
-				

. .

Cats win final three games in upset of No. 18 LSU

By Kenny Colston

For the second time this weekend, it was a bad day to wear purple and gold in-Lexington, as the UK volleyball team won three consecutive games yesterday to upset No. 18. Louisians State 3-2 (21-30, 50-26,

dramatic comeback victory.

LSU (15-4, 7-3 Southeastern
Conference) dominated the first
two games to put UK (16-5, 7-3
SEC) in a deep hole heading
into game three. The Tigers continued to control the match,
leading the Catts by as much as
five points in game three before
UK turned things around. The
Cats' come-from-behind win
was something head coach
Craic Skinner had been waiting
victory to the control of the coach
Craic Skinner had been waiting
victory to the coach
"It's very important to beat a
good team." Skinner said. "Until
you do it, you never know. Now
we have the confidence that we
can play with the best in the
country."

Brittnee Cooper paced LSU

can play with the best in the country,"
Brittnee Cooper paced LSU with seven kills, and the Tigers' defense tallied six blocks to help claim the match's first game. UK, the SEC leader in blocks is season, failed to record a single block in game one. "We started slow," junior middle blocker Queen Nzenwa said. "We knew they were tough to beat, and we had to step it up." Cooper led the Tigers again in game two, posting a. 750 hit-ting percentage and adding sev-



Junior middle blocker Queen Nzenwa readies to UK's 3-1 win over Mississippi State on Sept. 14.

lead. Despite the deficit, senior middle blocker Nicole Briterriker said the Cats refused tigive up.

"We knew we couldn't take two losses this weekend," Britenriker said, referring to the Cats' 3-2 (30-27, 28-30, 16-30, 30-26, 15-6) loss against Old Misso n Friday.

The Cats rallied to win third game, as three UK players notched four kills each, while reshman middle blocker Laurer Rapp led the Cats with a 600 hitting percentage, UK's defense limited the Tigers to just a 17% bitting percentage, their lowest of We had to get momentum with blocking and great defense limited the Tigers in bis at a 17% bitting percentage, their lowest of We had to get momentum with blocking and great defense limited the Tigers in bis at a 17% bitting percentage, their lowes of the SEC East-with the proposed of the SEC East-with the

Read the Kernel

Chinoe Creek Apartments



2 Bedroom Apartment Homes
 4 hour Fitness Room & Tanning Bed
 Sparkling Pool & Sand Volleyball
 Tennis/ Basketball Courts
Great location less than 3 miles from UK Campus

ASK HOW YOU CAN GET ONE MONTH FREE! 859-268-1903 • 3522 Creekwood Dr.

Your campus source for Russell Athletics®



Short Sleeve Tees Long Sleeve Tees

Crewneck





563 South Limestone (across from the B&E building) 225-7771 • www.wildcattextbooks.com

Women's soccer shut out for fourth consecutive game

streak to a school-record four games.

In the 21st minute, Herold sent a free kick to senior midfielder Kelsey Fenix, who delivered a non-etouch pass to senior midfielder Megan Jones inside the 6-yard box. Jones got her foot on the ball, but Georgia goalkeeper Michelle Betos made a sliding save to preserve the lead.

The Cast breatened again late in the first half. Junior midfielder Nicola Holdsworth sent a comer kick into the middle of the box, and junior defender Kate Hughes rose above a crowd of players and headed the ball. But Betos made another diving save to hold UK scoreless.

Perhaps the Cats' scoring opportunity came in the second half on another headed comer kick by Hughes.







Kentucky Kernel

A PR SUPPLEMENT OF THE KENTUCKY KERNEL

COORDINATOR

ALISA OERTHER JEN PLAS/ JEN JULIANO DESIGN

JILLIAN ROGERS EDITING

MARGARET LILES ANDOLYN JOHNSON WRITING

Chill Out at Home

By Andolyn Johnson KERNEL PR

Midterm study ing can add stress to ing can add stress to any normal college stu-dent's life, but, unless your parents pay you for making A's on exams, a lack of funds could keep you from relaxing post-midterm. It may not be as excit-ing as a weakend tit. ing as a weekend trip or concert, but it is possible to unwind at home without spending a ton of money

After long weeks of studying and tests, take time to relax before the second half of the semester. Sundays are perfect for staying at home with-

Whether you prefer watching movies or football, spend the afternoon away from school. Try putting all books, notes and school related items out of sight. Order you favorite food or cook

something new.
Sometimes spa
treatments can be too expensive, but affordable options exist that you can do at home on your own time. Also, shopping online is stropping offinite is stress-free compared to fighting crowds at the malls. Whether you take a nap, read a book or work on a craft pro-ject, relaxing at home will surely relieve some of the stress of school.

Honey Bean Coffee

By MARGARET Liles KERNEL PR

If you're looking for a place to unwind, you will want to get acquaint-ed with the locally owned coffee shop Honey Bean Coffee. This Lexington treasure, located in Tates Creek Center, is truly unique when it comes to hang out spots. Unwinding at

Honey Bean comes easy with their cozy couches and friendly service. The casual atmosphere makes it feel a little bit like home. So, when you need

a break from the books, enter into the cozy cof-fee culture at this one of a kind Lexington café. At Honey Bean Coffee you can spend time with friends, play board games, sip sweet coffee drinks and indulge in delicious cookies, cakes

and more.

Not only is Honey Bean a great place to relax, but they have you covered for late night studying as well. So when you need a boost windup with a cup of freshly brewed coffee or try
their famous drink the "Stinger." The brave souls
who order the "Stinger" must be 18 or older and

Each "Stinger" contains four to ten shots of espresso which should definitely give your study efforts a helping nand.

My recommendation for unwinding at Honey Bean: Grab a friend, split a piece of cheesecake, order a rozen Albino Turtle and play scrabble. Take your aptop because they have ree wireless internet and then buy a pound of coffee to take home and brew the next morning. They have stock of all the gourmet cof-

Photo by Lauren Jackson
Honey Bean Coffee is open seven days a week at least to buy.
until midnight.
So whether you're
unwinding or winding up, Honey Bean Coffee can
be your hub for fresh coffee and excellent food
white we are when or acade conversation and much while you study or good conversation and much

while you study or good conversation and much deserved fun and relaxation with friends.

Honey Bean Coffee is open Monday through Thursday 7 a.m. until midnight, Friday 7 a.m. until 1 a.m., Saturday 8 a.m. until 1 a.m. and Sunday 9 a.m. until midnight. They also have a website where you can purchase all of their finest coffees and teas: www.HoneyBean.com.

Embrace the Outdoors: Top 10 Places to Enjoy This Fall

By Margaret Liles KERNEL PR

The leaves are falling and the air is getting cool. All the signs of autumn are emerging and there are so many ways for students to take advantage of the season. Unwind this fall with one of the many outdoor activities the Lexington area has to offer. From orchards to vineyards, tours to horseracing, Lexington has it all. So shake off the studying and tap into the local scene. Here are some picks for places to see and things to do

 Neeneland Racecourse: Experience one of Kentucky's finest traditions—Thoroughbred Horseracing! Keeneland's 2007 fall race meet runs until Saturday, October 27, with no racing on Mondays or Tuesdays. General admission is S3. Races start at 1:15 p.m. Parking is free. The horses, the people and the sights, Keeneland in

Photo by Margaret Liles
Keeneland opens each semester: October and April.



the fall is stocked full of beauty. It's hard to beat a day at the races. If you haven't been, time is running out! 2. Take a scenic drive through historic

Woodford County and stop at Wallace Station, 3854 Old Frankfort Pike, for Fried Chicken Night every Monday 5-8 p.m. You just might start a weekly tradition.

weekly tradition.

3. Boyd's Orchard: Versailles is home to Boyd's Orchard featuring hayrides, pumpkin and apple picking, a corn maze, famous apple cider, bonfire sites and a petting zoo! Eat at the Apple Blossom Café and pick out a pumpkin to carve All the best of fall is located at 1396 Pinckard

All the best of fall is located at 1396 Pinckard Pike in Versailles.

4. Go horseback riding at Kentucky Horse Park. Call (859)233-4303 for prices.

5. Talon Winery and Vineyards:
Experience the entire winemaking process at Talon Winery and Vineyards this fall. Just a short drive to 7086 Tates Creek Road, visitors can tour the granufas featuring a sneak neek at their vines. the grounds featuring a sneak peek at their vine yards, processing center and Kentucky Oak bar-rels. They also have a souvenir shop which is great for finding special gifts! Talon's tasting

room is open Mon-Thurs, 10 a.m.-6 p.m., and Friday and Saturday 10 a.m. -7 p.m. 6. Gather your friends and bicycle along the Kentucky Scenic Byway as you enjoy the backdrop of changing trees and picturesque thoroughbred farms. Pack a picnic lunch and be

sure to wear a helmet!

7. Raven Run Nature Sanctuary: Get into the great outdoors without traveling far. If you like hiking, make the trip out to Raven Run. Nestled in the beautiful countryside of Fayette County, Raven Run is an easy drive out of the city and into the woods. Take a friend for an afternoon of peace and quiet while enjoying the

changing colors of fall. It's open every day at

8. Take a tour of Equis Run Winery. Call (859)846-WINE for more information.

9. Bi-Water Farm & Greenhouse: With a five-acre corn maze, hayrides and a walk through the haunted farm house, a day at Bi-Water Farm & Greenhouse is sure to include fun and adventure. You can enter into the Enchanted Barnyard and take a train ride around this Georgetown farm seven days a week. It's located at 877 Cincinnati Road in Georgetown. 10. Bluegrass Scenic Railroad: Have you

ever wanted to ride in a train? Well, here is your chance to see the changing colors while enjoying a train ride. Departing from Woodford County Park, take the Bluegrass Scenic Railroad to the Kentucky River gorge area. Only \$9 for adults, these 60 minute rides are offered Saturdays and Sundays through late October. Call (859)873-2476 for more details.

Photo by Lauren Jackson Talon Winery and Vineyards off of Tates Creek Road is a great place to go and visit.







FEATURING 100% VEGAN PUREOLOGY PRODUCTS

AMMONIA FREE COLOR

156 Deweese Street · Lexington, KY 40508 859.243.8545

ays 25% off Services for UK Students with Valid UK I.D.





Relaxing for Guys 101

By EMMY LITER GUEST WRITER

Women enjoy shopping, treating themselves to a day at the spa and gossiping with their friends. But, what do men do to relax and unwind? For most men, it varies, but it is just as important for men to be able to unwind as it is for women. According to Men's Health maga-zine, men need to be able to relax; they need to frequently relax to

maximize their potential.

So listen up guys to learn
how to be your best you. When
tests, midterms and papers become a daily occurrence and our sports teams have another home game, we all need ways to relax, relaxing is one thing that men often do incor rectly, so here are some useful ways men can really relax

Hit the gym. Many guys can

relieve stress by pumping some iron or doing some kind You can do indoors or outdoors, try to do it

without vour iPod do choose to listen to

music, try to choose a genre that won't get you too worked up, and can help you calm your nerves. Another idea is to set time

aside to play video games, by your-self or with some buddies. Try to



Photo by Lauren Jackson
A good way to blow off steam is to get some exercise. Guys can be seen all over campus when the weather is nice playing different sports like on the field outside the Johnson Center. This is also where the Intramurals are played.

for many guys is to get in the car and go

drive. Anytime, anywhere. On a nice night, roll the windows down, put on your favorite radio station, or pop in your favorite CD and drive

motorcycle or a normal bike, go for a ride and see where you end up. Just give yourself time to clear your mind and organize your thoughts. If you need to unwind and want to stay in the comfort of your down room anartment set a time limit so you don't increase

dorm room, apartment, or house, take time to enjoy something sim-ple. It sounds crazy, but it can help you relax and unwind to slow down for just five minutes. Turn the TV off, look at a picture you enjoy, put on some relaxing music, or even use your sense of smell by doing some-thing crazy like lighting a candle (if allowed in your place of residence).

Whatever you chose to do, remember to let your self relax and unwind as often as possible. College years are exciting; action packed and will be gone before we know it. Take time to clear your mind, so you can enjoy all of the excitement, and hopefully others will like being around the more relaxed you, too!

Lexington Events

By Jillian Rogers Kernel PR

Midterms, homework and everything in between can leave you feeling overwhelmed and stressed out. Fortunately, basketball season is just around the corner, our football season is heating up, and there is always music to listen to. So kick back at kick off, tip off, or in the front row and take your mind off classes

Women's Basketball

Nov. 1- UK vs. Kentucky Wesleyan

Nov. 5- UK vs. OGBM

Nov. 10- UK vs. South Carolina Upstate

Nov. 14- UK vs. George Washington

Nov. 18- UK vs. Florida Atlantic

Nov. 23- UK vs. Minnesota

(Rainbow Wahine Classic)

Nov. 24- UK vs. Virginia or Texas

(Rainbow Wahine Classic)

Nov. 25- UK vs. TBA

(Rainbow Wahine Classic)

Nov. 30- UK vs. Western Kentucky

Dec. 4- UK vs. William & Mary

Dec. 8- UK vs. Michigan

Work it Out!

level by

night before a test or a mid-term.

playing all

A popular

ctivity

By SARAH BAUSCHER GUEST WRITER

As college students stress is one of the major issues one deals with: projects, exams, papers, work, relationships, it never ends. Many of us choose the wrong things when we are stressed, using food or a few drinks to relax. While these things may have instant gratification, this will soon be lost and will result with even bigger problems in the long run. Yet, it is nice to know there are many ways to try and manage our stress levels, which will produce only positive effects. One of the best methods for reducing stress is working out.

Exercise can be an outlet; you are able to get rid negative emotions and frustrations through sometime such as kick boxing. Working out raises your amount of endorphins; these are the chemicals that make you feel good and lower stress. Exercise also makes for a distraction, taking your mind off things and focusing on something pleas-ant, like the gardens where you may run. Stress can also come from the negative body image feelings. With negative body image teenings. With exercising, you become stronger, and more in shape, giving you the confidence you may need to live your everyday life. Hitting up the gym can cause

viruses, and in turn being sick can result in your stress. With exercise, you increase your health resulting in a stronger immune system, preventing any stress that sickness would cause.

Whether it is playing sports, running/walking alone or with a friend, swimming, and so forth, you need to find the best type of exer-cise that fits for you. There are many places on campus to get your recommended 30 minutes of exercise a day, at least five days a week, to be healthy and relieve stress. There is the Johnson Center,

which is open 6am-midnight Monday through Friday, 10am-9pm Saturday and 11am-10pm Sunday; the Arboretum which has trials to run/walk with beautiful scenery, run/waik with beautiful scenery, places downtown like Triangle Park, and then also UK intramurals and adventure trips that you can get involved in by signing up! So, instead of reaching for a beer next time you feel stressed, just get mov-

The Dame:

Oct. 25- Del Tha Funkee Homosapien

Men's Basketball

Oct. 31- UK vs. Pikeville College

Nov. 3- UK vs. Seattle

Nov. 6- UK vs. Central Arkansas

Nov. 7- College Hoops Classic

Nov. 15- College Hoops Classic

Nov. 16- College Hoops Classic

Nov. 21- Liberty

Nov. 24- Texas Southern

Nov. 27- Stony Brook

Dec. 1- North Carolina

Dec. 8- Indiana

UK Football

Oct. 20- UK vs. Florida Oct. 27- UK vs. Mississippi State Nov. 10- UK vs. Vanderbilt Nov. 17- UK vs. Georgia Nov. 20- UK vs. Tennessee

Live Music:

Fishtank Austin City Saloon Oscar's Redmond's, Redmond plays Thursdays Atomic Cafe, Regge Fridays

Walk n' Talk How do You Relax?

By Lauren Jakson: Kernel PR



"Yoga" Lori Beth Lile Junior Kinesiology/ Pre **Physical Therapy**

"Doing my Laundry." **Ross Vincent** Senior **Human Nutrition**



"Watch Seinfeld" **Lauren Curry Sophomore Undergraduate Studies**

"I relax by shopping." Ien Sidun Senior **Human Nutrition**



Your Ad Could be Here.

Advertise in the Kentucky Kernel at the UK vs. Florida game. 1,000 issues will be passed out to

Road Trip ...

With midterms approaching, students are past getting into the groove of school and are ready for an early vacation. There are many

an early vacation. There are many places worth visiting that are close to Lexington and would provide as a great break from papers and exams. Louisville is only 60 miles away and has many interesting places to see. For example, the Louisville Slugger Museum provides an informative look into the developing and history of the Official bat of Maior

League baseball.

When Keeneland is over after four short weeks, horse lovers can travel to Louisville to get their gambling fix and to enjoy the fillies. Churchill Downs opens in November and has all of the opportunities to win big that Keeneland offers. Churchill Downs is off Central Ave, in the heart of downtown Louisville



Photo provided by Google Images
Talon Winery and Vineyards off of Tates

Lexington is Natural Bridge. A famous Kentucky state park show what millions of years has taken to create a mag-nificent sandstone arch. Natural Bridge



Images
Red River Gorge is one of
the most beautiful places in
Kentucky.

offers offers Renducky.

campgrounds, cottages and the

Hemlock Lodge. There are 10 hiking trails which range from one-half
mile to seven-and-one-half miles.

The great thing about this state park is it charge no general admis-sion. It's free! Enjoy nature and relax with one of Kentucky's most famous natural wonders.

Want to see some fish? Want to see some fish? Newport Aquarium is open 365 days a year. For \$17.95, guest can enjoy "the penguin march", 17 exhibits, 14 galleries and five seamless acrylic tunnels totaling 200 feet in length featuring a variety of aquatic life from around the world. Some of the featured exhibits are shark alley, coral reefs, gator bayou, and Amazon flooded forest. If the beach is too far away, try another underwa-

ter experienc If professors got you down, take a break and enjoy a short vacation to one of these close destinations

Top Ten

Ways to Relax

1. Breathing Exercises 2. Meditation

3. Guided Imagery

4. Visualization

6 Ways to Start Your Day

1. Put on Some Music

2. Stretch in the Shower 3. Eat a Balanced





THE NEW MATH: 10 + 1 = 10 What the heck does that mean?

CONTACT US for more detail: University of Kentucky

fans before the game on October 20th

