

# KENTUCKY KERNEL

THURSDAY, AUGUST 28, 2008

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## Two years later, Flight 5191 families mourn together

By Jill Laster  
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It never really ends. For the family and friends of the 49 people who died when Comair Flight 5191 crashed in Lexington two years ago after taking off on the wrong runway, the tragedy is a wound that time has not been able to heal.

Still, many have tried to move on as much as they can.

"Most of the last two years have been like one long day," said Anita Threet, widow of crash victim Greg Threet, at a memorial service Wednesday. "... But we are now held responsible by Greg and the other 48 people who have died to keep on living, even with moments of desperation, loneliness, sadness and anger."

"We must carry on. We must, and we have."

Wednesday night, four family members of crash victims stood before more than 300 people, talking about the initial shock of losing a loved one and the two years that have followed. Behind the speakers hung the banner from the crash site memorial two years before, signed with notes of condolence and support.

It hasn't been an easy journey for Matthew Snoddy in the two years since his father, Tim, died. Snoddy said as he stood before the crowd. However, he said, community support in Lexington has helped pull him through one of the most difficult times of his life.

"Our society is well-equipped to handle the highs of life," he said. "Positive events like sporting events, weddings, birthdays and holidays bring together well-wishers and celebrants."

"Tragedies like 5191 are not so clearly defined in etiquette manuals. However, I firmly believe the book could have been written based upon the response of our communities."

One big source of support is fellow families, said Clay Turner, a Transylvania student and son of crash victim Larry Turner. During the past two years, Clay Turner said he has been to many events for surviving family members.

However, he said he thinks this may be the last year there is an open memorial service because some people want to cope with the tragedy in a less public way.

Clay Turner said he has talked with many other family members of victims over the last two years, and while it has been difficult, life is getting better.

"It occurred to me at the end of the second semester, in May, that I was genuinely happy," he said. "Life had returned to a



**Above:** Emily Barker, right, a Spanish senior at Transylvania University and sophomore Nora Jane Montgomery of Transylvania University, attend the Flight 5191 Memorial on Wednesday.  
**Below:** Bonita Brown, top, of Lexington holds the hand of Christine Mallory, also of Lexington, during the Flight 5191 Memorial at Transylvania University on Wednesday.

PHOTOS BY EMILY COOVERT/STAFF

close enough thing to normal that I could be happy."

One big consolation in the past few months has been the end of a long legal battle against Comair, said Tony Byrd, a relative of victim Brian Byrd.

The families of Brian Byrd and 38 other passengers have filed lawsuits against Comair. In the past month, decisions were reached for 37 of those victims — leaving two pending as of the crash's two-year anniversary.

Ending a long legal battle has made things easier, said Tony Byrd. However, he said it's still strange to look up the driveway and know that Brian will never again park his car, climb the steps and walk inside.

"It's better, but we still think about it every day. We still cry every day," he said. "We still remember."

**Plans for Lexington memorial move forward**  
About a year and a half after it formed,

the Flight 5191 Memorial Commission has taken the next step to create a Lexington memorial, said committee co-chair Ray Garman.

Commission members have begun looking for potential memorial locations, said Garman, an associate professor at UK. The group, which includes family members as well as state and local officials, also plans on sending out a request for memorial designs in the next week.

The committee only recently began to talk about exactly what kind of memorial they thought would best pay tribute to the crash victims. Until the last few months, the group focused on building trust among members, because some family members were wary that the memorial would be too state-controlled, Garman said.

"All of the groups developed a sense of common purpose, and trust one another," he said. "I believe we do trust each other now, that no one's being overbearing and everyone's trying to be sensitive to each other."

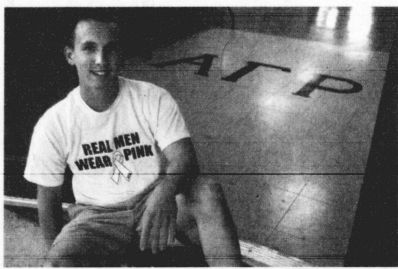
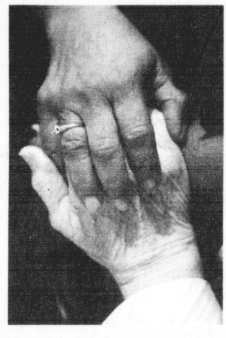


PHOTO BY BRITNEY MCINTOSH/STAFF

Will Stahl, the noble leader of Alpha Gamma Rho, is beginning the second year of his "Real Men Wear Pink" fundraiser for the Susan G. Komen foundation. He will be selling "Real Men Wear Pink" T-shirts for \$10 for the whole month of September during breast cancer awareness month.

## UK men wear pink for the cure

By Rosalind Essig  
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Will Stahl is not ashamed to wear pink.

In fact, the traditionally feminine color did not stop the men of Alpha Gamma Rho from wearing pink T-shirts all over UK's campus, and it has not stopped them from taking their rose-colored threads nationwide.

The fraternity started a T-shirt campaign last year to raise money for breast cancer research and beginning Monday, 65 colleges from around the country will join the group's efforts.

When Stahl was trying to find a philanthropic event for his fratern-

ity last year, he thought of his grandmother's battle with breast cancer. The fraternity house's cook at the time was also fighting the disease.

These two women made Stahl realize that the statistics on breast cancer are very real, he said.

"One out of three women will have breast cancer or know someone who has had it," said Stahl, who is noble ruler of UK's chapter of Alpha Gamma Rho.

Stahl found a simple way to raise money for breast cancer research by selling pink T-shirts — "pink is the color of breast cancer research foundations around the country — bearing the slogan: Real men wear pink."

"We made up the T-shirts with (the slogan) plastered right across the front," Stahl said.

The simple fundraiser had impressive results, Stahl said.

Alpha Gamma Rho sold 530 shirts in three weeks and donated \$2,763 to Susan G. Komen for the Cure, according to the fraternity's Web site.

David Moore, president of the Susan G. Komen board in Lexington, said Alpha Gamma Rho pushed for success and did a great job.

"It's a big deal," Moore said. "We really appreciate that kind of involvement."

It took about a month to com-

See **T-shirts** on page 5

## Diversity group tries to fill void

By Erica Mitchell  
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One campus group working to unite black and white Greeks is at a standstill after the resignation of its facilitator this summer.

Mahjabeen Raffudin resigned from her position as director of Student Diversity Engagement at UK in June. Raffudin developed the Inter Greek Relations Project last September to promote cooperation between black and white fraternities. Now, her exit has left a void in the group, said student committee member Emily Brantley.

"We're kind of at a crossroads right now," said Brantley, a management and political science junior.

Although the members hope to keep the group going, they do not have the materials they need to facilitate themselves, Brantley said. Aun Munis, a student committee member, said the group had to



Raffudin

find a way to continue without a facilitator, which was an adjustment.

"The biggest change is that Mahjabeen is gone," said Munis, a biology senior. "We had to work out a new kind of game plan."

Raffudin declined to comment on her decision to leave UK.

The search is on for a replacement for Raffudin, said Rhonda Strouse, UK's director of student involvement, but there are some changes to the position. Her replacement will operate from within a different department and with a new title.

Before Raffudin resigned, Student Diversity Engagement reported to the Office of Multicultural Student Affairs. This year, the position will report to Student Affairs and be an assistant director of student involvement, Strouse said.

"The position has not been demoted," Strouse

See **Mahjabeen** on page 5

## Donor competition shows rivalry more than skin deep

By Austin Schmitt  
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As tension rises before UK's football game against the University of Louisville this weekend, students are out for blood — literally.

While Cats' fans are hoping for another victory on the field, some are working to secure a win in a different battle against the Cardinals. The Battle of the Bluegrass Blood Donor Challenge is an annual competition between the two universities.

Last year 9,095 UK students donated blood for the challenge, 4,600 more donors than U of L, but the numbers are much closer this year, said Pam Dobbins of the Kentucky Blood Center.

As of Tuesday, UK held the lead over U of L with 6,577 donors to 4,575.

"UK won by a landslide last year, but it's a close battle this year," Dobbins said.

The last day of the blood drive competition, which began Aug. 4, is Thursday. Students can donate at the UK Medical Center from 8 a.m. to 5 p.m.

Around the blood drive site, donors may hope for a second consecutive victory over Louisville, but some students echoed the "everybody wins" sentiment.

Joe Brey, a UK junior, said he is a regular blood donor and only became aware of the competition when he ar-

See **Blood** on page 5

# SUDOKU

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## Horoscopes

**By Linda C. Black**  
 To get the advantage, check the day's rating. 10 is the easiest day, 0 the most challenging.

**Aries (March 21-April 19)** — Today is a 9 — You're energized by the applause. Take yourself a notch higher. Try something you've always wanted to do. Put in the extra effort.

**Taurus (April 20-May 20)** — Today is a 7 — You're luckier with love than money now, so be aware. Offer lots of compliments but don't buy the lavish gifts. Give something that's significant in another way.

**Gemini (May 21-June 21)** — Today is an 8 — You're getting into an area where controversy is easily aroused. You may be

stirring it up yourself. If so, don't be surprised if somebody gets mad at you. Be gentle.

**Cancer (June 22-July 22)** — Today is a 9 — The money is pouring into your pockets. If you haven't quite noticed that yet, do something to get it kick-started. Find something to sell.

**Leo (July 23-Aug. 22)** — Today is a 9 — Play first, work later. This may seem slightly uncomfortable, for about one minute.

**Virgo (Aug. 23-Sept. 22)** — Today is a 7 — You don't need words to show you care. For example, you could do a tire-some errand for somebody who can't. Share what you have.

**Libra (Sept. 23-Oct. 22)** — Today is an 8 — The party is a little bit lower-key. There's less shouting and more work getting done.

**Scorpio (Oct. 23-Nov. 21)** — Today is a 6 — Get out with friends and burn off a few calories. You also have some frustration to dissipate.

**Sagittarius (Nov. 22-Dec. 21)** — Today is an 8 — Be aware that your most outrageous stunts are not considered funny by a few very critical people. That, however, is pretty funny too, so don't worry about it.

**Capricorn (Dec. 22-Jan. 19)** — Today is a 7 — Once your financial jitters are calmed, get out for a breath of fresh air.

**Aquarius (Jan. 20-Feb. 18)** — Today is a 7 — Do what needs to be done, even if the costs are higher than expected. Don't be crazy, of course, but if you need something you should get it.

**Pisces (Feb. 19-March 20)** — Today is a 7 — A rather critical person could be getting downright annoying. Don't assume everything he or she says is right.

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## Is there life after Sex and the City?

Sex and the City's Kim Cattrall, 51, will star in and executive-produce an HBO comedy series. Sensitive Skin, about a middle-aged wife and mother in New York City who rediscovers her sexuality. . . . Garbage lead singer Shirley Manson, 41, will join the cast of Fox's Terminator: The Sarah Connor Chronicles as the CEO of a high-tech company, per Billboard.

- On Ryder, her 4-year-old son with ex-husband Chris Robinson, Kate Hudson: "I'm afraid if I start selling them, I'd start eating them. I like the peanut butter ones and the Thin Mints."  
 - On Girl Scout cookies, honorary scout member Abigail Breslin: "I really want to find that certain person to spend the rest of my life with . . . so any single, good guys, send in your resume!"  
 - Mario Lopez's ex, Karina Smirnoff: "We have a wicked catfight. I don't know how I'm not going to start cracking up when I see Beyonce coming at me!"  
 - On starring with Knowles in the thriller Obsessed, Ali Larter: "For some reason, Tommy has me Google Altered."  
 - On how beau Lee gets news updates about her, Pamela Anderson: "If a guy loses his virginity at 15, that's great, but if a girl does, it's shocking and awful. . . . I think that's wrong."  
 - On society's double standards, Megan Fox: "A while back I tried to buy the rights... to do Baywatch: The Musical. It would have been fantastic."  
 - David Hasselhoff: "So many people say, 'I am so done.' That hasn't come out of my mouth. . . . I feel like we still have one coming."  
 - On having another kid with husband Seal, Heidi Klum: "I really want to find that certain person to spend the rest of my life with . . . so any single, good guys, send in your resume!"

### Vegging Out

Chart toppers Anthony Kiedis, 45, and -Leona Lewis, 23, were voted the world's sexiest vegetarians in PETA's eighth annual online poll.

### Loose Talk

"I would like to know who this reporter is. . . . And I would like him to talk to my accountant and figure out where is the cash that's missing. Because I haven't seen it."  
 - On reports she earned \$35 million last year, Gisele Bündchen: "The only two men I have time for are Barack Obama and my trainer."  
 - On being single, Sophia Bush: "I am working on trying to get him off of being interested in female parts. . . . Like, he thinks it's hilarious when he pulls off my shirt. . . . [He's] starting the interest of, you know, boobies."

### Go West!

MTV's 2008 Video Music Awards will be held at Los Angeles' Paramount Pictures lot September 7.

### Hot Seat

Tom Brokaw, 68, will take over for Tim Russert as host of NBC's Meet the Press through the November elections.

### Hot Records

Natasha Bedingfield, 26, and her brother Daniel, 28, entered the Guinness Book of World Records as the only siblings to have solo No. 1 singles on the United Kingdom music charts.

### Can Big and Carrie afford that luxe Fifth Avenue apartment?

Only if Big's last name were actually Trump. According to NYC real-estate agent Barbara Corcoran, a four-bedroom penthouse at 1040 Fifth Avenue - complete with two terraces and gorgeous views - would cost about \$25 million. "Maintenance alone would be \$10,000 a month!" she tells US.

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THURSDAY,  
August 28,  
2008

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Kernel

# POP

## How not to rent your life away

By Whitney Waters  
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Having gone through 13 different roommates and counting, Nashville-based writer and editor Kathryn Williams takes all of her accumulated roommate knowledge and offers advice in the book "Roommates: Sharing Your Home With Friends, Strangers, and Total Freaks" (Chronicle Books, \$12.95).

Williams, whose work has seen the pages of Newsweek and The New York Observer, uses hilarious examples of real-life roommate tragedies and successes to map out the do's and don'ts of finding perfect roommate nirvana, and to ensure that readers looking for a roomie along the lines of Joe Schmo don't end up with Herbert the Pervert or Shady McShakeron.

As with all relationships, Williams explains that "the roommate relationship contains the seeds of both joy and misery," and that communication is the true key to success. One of the worst things about living with someone is using passive-aggressive behavior and expecting that your roommate knows what you're thinking.

"Roommates" has generic places for people to look for roomies such as Craigslist.org and Roommates.com, and offers places to look for lifestyle-specific roommates with Web sites such as Veggie roommate.com, RoomWithAJew.com and Christian-Roommates.com among others.

And Williams shows readers how to point out questionable roommate postings. One of my favorite examples was a listing for "\$30, 3br, Free rent in exchange for part time work, Female Only... she would be a live-in personal assistant. All living expenses would be paid by me plus \$1,500 per month in cash." If that isn't a warning sign, then what is?

Williams includes chore wheels, twisted personality quizzes and she lists the pros of having a roommate. "Someone with another set of keys to your home" and the cons of having a roommate. "Someone with another

See Book on page 4

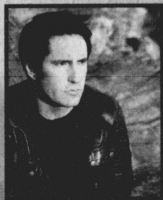


PHOTO BY ROB SHERIDAN  
Front Reznor of Nine Inch Nails

### Possible Set List

- |                      |                           |
|----------------------|---------------------------|
| 1. 990 989           | 12. The Great Destroyer   |
| 2. 1,000,000         | 13. Prison                |
| 3. Letting You       | 14. Wish                  |
| 4. Discipline        | 15. Terrible Lie          |
| 5. March of the Pigs | 16. Survivalism           |
| 6. Head Down         | 17. Ghosts 8              |
| 7. The Fall          | 18. Only Closer           |
| 8. Closer            | 19. The Hard That Give Up |
| 9. Give Up           | Feeds                     |
| 10. Corona Radiata   | 20. Head Like a Hole      |
| 11. Me I'm Not       |                           |

Set List found at "The Spaghetti Incident?" blog Web site, <http://thespaghettincident.blogspot.com>.

## Reznor to rock Rupp

By Emily Covert and Whitney Waters  
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wwaters@kykernel.com

The last time Nine Inch Nails was in Lexington, Daniel Rose did not have high expectations for his concert.

The last album he had listened to in its entirety was "Downward Spiral," which was released 14 years ago. In that time again, his passion for the band faded.

"I don't know if I grew up or what happened," said 30-year-old Rose. "I felt like he (Reznor) kind of lost his balls for a moment. But I also never really gave the other stuff in charts a full read and gave up on him."

Rose said that he lost interest in Nine Inch Nails during the two-year period between "Downward Spiral" and the album "The Fragile," which was released in 1999.

Between that time, I was

on. It was years and years," he said. "He disappeared, and I guess I did too. You got to keep your fans stimulated some how to keep them giving a shit."

So, in 2006 when Reznor came on stage at Rupp Arena, Rose found himself standing with a group of friends behind the energetic crowd just lazily nodding his head to the music.

But then a note from one song struck a chord with Rose. "March of the Pigs" from "Downward Spiral" ... [Rose] dropped everything and took off toward the front of the crowd to get in the mix.

"I remember just handing over my flask, taking off and having a damn heck. I was kind of out the way after that. He kind of came out drenched in sweat and banged on a bit. And probably singing a bit."

Despite being engulfed by the excitement at the live show, Rose

kept Rose from buying a ticket for Sunday's concert when Nine Inch Nails comes back to Lexington as part of its "Lights in the Sky Tour."

"The only reason I'm tossing (going to the show) around is because I knew it would be expensive," Rose said. "With paying that much for a band, they better damn well put on a good show. It's \$40 for general admission, and \$50 after Ticketmaster (after fees are added) ... it's kind of obscene."

But not every fan feels the same way.

"All through '07 and the beginning of '08 I was searching for any information about upcoming tour dates, and I actually found out about this tour on Facebook," said Lexington resident Robert Ford, 27. "My reaction could only be described as spastic excitement."

See Music on page 4

## Now that the Dame is a ghost, look ahead

I was driving through downtown recently when I witnessed a truly saddening sight. A college-age couple was standing outside of the chain-linked fence that now surrounds what are the glorious remains of The Dame.

The couple had a camera with them and were in the process of committing the building's carnage to film. This incident made me realize that students who have spent their summer break in the far reaches of the world outside of Lexington, may be quite surprised by the scenery when they take their first drive through downtown.

Because of the skyscraper that will soon be under construction, the block that housed many

great businesses such as Buster's, Mia's and The Dame has now been transformed into a massive war-zone-style pile of material.

I understand that the building will have great economical benefits for our city, but it is always sad to see establishments close that have so much emotional value. The closing of The Dame, which offered shows by some very notable artists, has caused Lexington to take a hard hit to the music scene.

In the wake of all of the downtown changes, it may leave you wondering where students can go for entertainment and a good time. Lexington offers many places around the city where one can find live music.

Since the summer season is still upon us, lots of bars have patios open and generally this is a good place to start when on a quest for live music. I have been to Atomic Café a couple of times lately, which offers a large outdoor section, and was treated to a pretty good reggae band one night and a rocking '80s cover band on another occasion.

Other establishments offer similar experiences, such as Cheapside Bar & Grill, which also normally has a live music and sports patio.

If you like your rock 'n' roll to be a bit on the harder side then you may want to check out the AIA Concert Hall at Main Street Live. The venue presents both local and national hard rock acts and is of decent size. Main Street Live also de-

See Walters on page 4



NICK WALTERS  
Kernel columnist

### ontap | For the week of AUG. 28 – SEPT. 3

**THURSDAY, Aug. 28**  
J-Roddy Watston and the Business, Junior Revolution  
9:30 p.m., Al's Bar. Tickets cost \$5.

We Shot The Moon (Jonathan from Waking Ashland), The Flight Station, The Reign of Kindo, Pluto Revolts and Josh Pifer  
8 p.m., Mad Hatter, Covington. Tickets cost \$8.

**FRIDAY, Aug. 29**  
The Apprentice, Zephania Bostow, The Joybombs.  
10 p.m., Al's Bar. Tickets cost \$3.

Rascal Flatts.  
8 p.m., Riverbend Music Center, Cincinnati. Tickets cost \$13-\$75.

Three Alliance, The Frank! Project, Martin Luther and the Kings, There's No Tomorrow, Total Dudes, Dead! Serious, Now Entering Rehab, Backdoor Mafia, Means to an End, Scott Free and The Getaways.  
5 p.m., Mad Hatter, Covington. Tickets cost \$5.

**SATURDAY, Aug. 30**  
Counting Crows and Maroon 5 with special guest Augustana  
7 p.m., Riverbend Music Center, Cincinnati. Tickets cost \$26.25-\$121.75.

Eighty Sixed, The Serfs, Pumpkin Slut, The Zvills, Secondhand Sex, Hate The Living, The Buster League, Atomic Potato, The Columbines, FRA, Church Fire, Oddjob  
5 p.m., Mad Hatter, Covington. Tickets cost \$5.

**SUNDAY, Aug. 31**  
Nine Inch Nails with White Williams  
7 p.m., Rupp Arena. Tickets cost \$41-\$45.

The Swells Brass Band  
9 p.m., Al's Bar. Free.

The Hillbilly Hellcats w/Rumble Club, Straw Boss.  
9 p.m., Mad Hatter, Covington. Free, 21+ show.

**WEDNESDAY, Sept. 3**  
Tea Leaf Green w/ Moon Alice  
8:30 p.m., doors open at 8 p.m., Headliners Music

COMPILED BY FEATURES EDITOR WHITNEY WATERS

## SAB brings 'Hard-core belly laughs' to students

By Kellie Oates  
features@kykernel.com

One of comedian RETTA's fondest memories of college was seeing her headshot in chicken baskets.

"Doing a college gig in Arkansas, instead of table tents to promote the show in the cafeteria, they made copies of my headshot and stuck them in empty KFC buckets," RETTA said in an interview on Comedy Central's Web site. ([www.comedycentral.com](http://www.comedycentral.com)).

RETTA, who has been featured on VH1, Comedy Central and "The Tonight Show with Jay Leno," will perform Thursday night at 7 at the Memorial Hall amphitheater as part of the Student Activities Board annual comedy series

Laughs on the Lawn. Admission is free.

"Laughs on the Lawn is an event that we put on which features comedians from around the country," said Ben VanderHorst, president of SAB. "It is a very unique atmosphere."

You don't typically get to see comedy outside of the classroom. Students can look forward to this event once a month as a way to escape the tedious routine of classes.

"Laughs on the Lawn is a great outdoor event for students to enjoy." NATALIE THOMERSON, Director of pop culture for SAB. "The comedians lined up for the series will provide students with hard-core belly laughs, which helps students relieve stress from their busy schedules."

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## WALTERS

Continued from page 3

votes portions of their establishment to different types of music. The bar caters to fans of hip-hop, pop and even country.

A place that I have been hearing great things about, but have yet to have had the

privilege of checking out, is Al's Bar located at 6th and North Limestone. I took a look at their music schedule via MySpace, and it was peppered with a diverse musical mix that includes bluegrass, funk, a brass band and some indie rock.

What I have put forth are a few suggestions to aid in the search for a good time. While I have men-

tioned a few establishments, there are many other great places for live music such as the Fishbar, Lynagh's or Common Grounds. So don't fret at the loss of The Dame. It is sad to see it go, but there are still many places around town to fulfill your live music needs.

Nick Walters is an English senior. E-mail features@kykernel.com.

## NIN

Continued from page 3

Jillian Tauffner, of Columbia, Ky., who has been a fan of the band since sixth grade and owns all of the band's albums, said she plans to get to Rupp Arena about eight hours before the show starts to ensure that she gets a good seat.

Michael Trent Reznor created Nine Inch Nails in 1988. Reznor, who released his first album "Pretty Hate Machine" in 1989, is the only official member of the band and controls

its musical direction. Unlike the vast majority of industrial artists, Reznor's albums, called Hahos, feature melodic, traditionally structured songs where lyrics are a focal point, according to an MTV band biography.

In spite of being disgruntled about higher ticket prices, Rose may find himself once again standing in Rupp Arena listening to Reznor.

"I'm not going to start buying his CDs again," Rose said. "To be honest, I might throw in an old one, but I'm not going to be a Nine Inch Nails freak again. Time and place, I'm not there anymore. But I can still be a fan. I can still go to the show."



WRFL 88.1 FM  
Top-10 albums of the week

1. Silver Jews, "Lookout Mountain, Lookout Sea"
2. Calexico, "Carried to Dust"
3. Walkmen, "You and Me"
4. Sigur Ros, "Með suð í eyrum við spilum endalaust"
5. Stereolab, "Chemical Chords"
6. Beck, "Modern Guilt"
7. Sic Alps, "A Long Way Around to a Shortcut"
8. Margot & the Nuclear So and So's, "Daytrotter Sessions"
9. Daedelus, "Love to Make Music to"
10. Melvins, "Nude With Boots"

## BOOK

Continued from page 3

er set of keys to your home."

Complete with how to handle and share the bathroom, showing other ways to divide up the fridge besides using duct-tape — apparently people do that — using the Hollywood example of Baki and Cousin Larry to show that "Perfect Strangers" can be perfect roommates and advice on how to know when it's time to say "So Long, Farewell, Auf Wiedersehen," Williams' book is a must-have for all roommates and people still searching for someone to share the bills with. "Roommates: Sharing Your Home With Friends, Strangers, and Total Freaks" will be available in September.

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## Gender differences still matter in movies — a lot

By Joanne Weintraub  
Milwaukee Journal Sentinel

One is sun-sparkled Aegean blue, the other dark as ink. One teems with women scattering flowers, the other with men tossing grenades.

Both are highly entertaining, though each has moments of sheer over-the-top goofiness when viewers' eyebrows may arch toward their hairlines.

So why is "Mamma Mia!" considered a guilty pleasure, while "The Dark Knight" is widely respected as a grown-up drama?

Yes, Christopher Nolan's Batman movie has a jaw-dropping performance by Heath Ledger as the Joker, while Phyllida Lloyd's musical has — well, let's just say that my jaw remained right where it was throughout the whole thing.

But beyond Ledger's singular piece of work, there's an obvious difference between these two fantasy films. One's a chick flick, and the other is for "everyone," defined in this case and in many others — as everyone whose idea of a

good time is watching men attempt to destroy the world or save it.

Spare me the argument that "Dark Knight" isn't a boys' club because Maggie Gyllenhaal is in it. She gives an OK performance in an OK role in a movie where Ledger, Christian Bale, Aaron Eckhart, Eric Roberts and even a pair of old guys, Michael Caine and Morgan Freeman, have more interesting things to do.

Oh, and Det. Ramirez, the girl cop who plays what I believe is known as a "small but pivotal role" in the denouement? Bet you can't even name the actress who plays her. And that goes double for Judge Serrillo, the lady jurist.

To be considered serious by critics and a blockbuster among viewers, a film obviously need not include a single scene in which one woman has a meaningful exchange with another. Even a chick flick, though, has to have dudes.

So in her frilly and, yes, often silly ABBA-fest, Lloyd takes care to put Pierce Brosnan, Colin Firth and Stellan Skarsgard together on a boat

for a little male bonding. There's just so much time that the husbands, boyfriends and other straight guys in the audience can spend watching women, after all.

Especially when they're not, you know, babes in the Maggie G. sense, Meryl Streep, Christine Baranski, Julie Walters: Not one of them has been on Maxim's Hot 100 list in — well, ever. Not the sort of women who kill at the box office.

And, of course, while shooting and stabbing and throwing punches is serious business, singing and dancing and throwing weddings is fluffly stuff.

Never mind that "Dark Knight's" final hour, which may throw you off balance with its climax-after-climax-after-climax pacing, is as grandiose as "Mamma Mia's" disco-till-you-drop finale. Nolan's movie thrilled me with its opening, then let me down somewhat, while Lloyd's made me squirm a little as that ridiculous plot unfolded but sent me out of the theater as delighted as if someone had presented me with my very own mirror ball and a pair of shiny platform

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## T-SHIRTS

Continued from page 1

fact the chapter presidents at various colleges throughout the country, he said.

Stahl said the goal is for other campuses to do well and for more people to get involved at UK.

To get women on campus involved, the fraternity created shirts for girls that read, "My man wears pink."

The shirts, with new designs this year, will be available to order on the Alpha Gamma Rho Web site, ([www.ukagr.com](http://www.ukagr.com)) Sept. 1-26. Wearing the shirts shows support for the cause, and hopefully raises awareness, Stahl said.

"(Breast cancer) is a whole lot easier to detect if people know how," said Stahl, "and that's what Susan G. Komen is about."

The T-shirts are \$10, with about 70 percent of proceeds going to Susan G. Komen for the Cure. The rest of the money goes toward the cost of making the shirts and selling them online.

## MAHJABEEN

Continued from page 1

said. "The level of the position has not been changed in any way."

Raffiudin left UK to accept a similar job as director of multicultural affairs at Rollins College in Florida. Senior UK Ambassador Patrick Nally said Raffiudin will be missed, but he is hopeful for the future of the new position.

"No one can replace Mahjabeen's vision and passion," said Nally, who worked closely with Raffiudin. "However, I do believe someone with a great vision could come to UK and make just as great an impact in different ways."

Strouse said there are currently candidates being reviewed to take Raffiudin's position, but

there is no estimated date when it will be filled. Raffiudin was the first person to hold the position of director of SDE, she said, and did a lot to establish the direction of the programs and services offered.

Nally said that Raffiudin is "now pursuing personal interest and challenging herself in new ways," and he hopes that improving diversity continues to be a priority for Raffiudin's replacement.

"I hope that whoever becomes the assistant director of student involvement has an intense understanding and desire to see UK promote inclusion and diversity as much as Student Diversity Engagement did," he said.

STAFF WRITER ROSALIND ESSIG CONTRIBUTED TO THIS STORY.

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## BLOOD

Continued from page 1

rived to donate. Even though he was going to give blood anyway, he said the battle was a definite incentive.

The rivalry between the two schools is something the Blood Center is grateful for, Dobbs said, since it gets thousands of students to come out every year.

"This is something UK and U of L do each year. It really brings in a lot of donors for the center," she said.

Brian McMillan, a UK senior,

said he donates as often as he can, and wants students to know that giving blood is not painful like some may think.

"It is what you make of it. You can go in two ways — scared or ready to help someone out," he said. "After the initial anticipation, it is a relaxing experience."

Free T-shirts are provided to each participant, and the chance to beat a rival school is always a plus, Brey said, but the real incentive is helping those who need blood.

"It benefits others, and it's not much pain," Brey said.

## Clarification

A display quote by Katherine Shaw about underage drinking that appeared in yesterday's Kentucky Kernel should have pointed out that it was from an August 2006 edition of the Kernel.

To report an error, call the Kentucky Kernel at 257-1915 or e-mail [editor@kykernel.com](mailto:editor@kykernel.com).

## College helps veterans navigate life after combat

By Cynthia Hubert  
McClatchy Newspapers

SACRAMENTO, Calif. — Day after day, the soldiers march into Catherine Morris's office at Sierra College in Rocklin, Calif.

They bring the familiar baggage of student life: Worries about whether they are majoring in the right subjects. Concerns about juggling work and classes. Questions about how they might improve their English grades.

They also bring Iraq. Most of the young men and women who visit Morris have done time in combat. Their scars run deep, but are not always visible.

Looking into their eyes from behind her neatly organized desk in the school's campus center, Morris sees more than most. A former Marine who keeps a photograph of her younger self in uniform on a shelf, she runs a year-round program specifically designed for veterans, and going to school under the GI Bill.

About 350 veterans are studying on Sierra College's sprawling campus, Morris said, and more than 200 of them served in combat zones in Iraq or Afghanistan.

Statewide, about 22,000 veterans are going to school under the GI Bill, including 300 at Sacramento City College and 575 at Sacramento's American River College. Each of the schools offers a range of veterans services.

But few colleges in the country, Morris said, have a program like Sierra's with a counselor dedicated full time to helping veterans navigate life after combat. Sierra even has a social club for veterans, and courses in English and physical education adapted for men and women who survived the war zone.

When fall classes begin later this month, Morris will see new faces, but many of the same problems. Besides helping veterans map out an academic path and untangle the red tape of military benefits, Morris, who herself went to school under the GI Bill, guides them through the emotional fallout of coming home.

"Readjustment is not like a light switch that comes on automatically when they get home," said Morris, who spent 15 years in the military and is trained to counsel veterans who suffer traumatic brain injuries

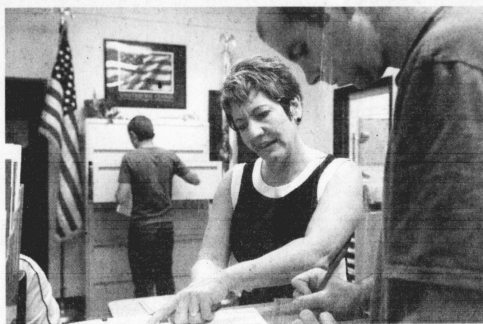


PHOTO BY RANDALL BENTON | SACRAMENTO BEE  
Catherine Morris, a counselor at Sierra College, talks with Navy veteran and student Ben Simmons in her office in Rocklin, Calif. August 8.

and post-traumatic stress. "It's phenomenal for them to be home, but they don't feel connected anymore."

Terry "T.J." Boyd sought out Morris after he returned from the battlefield in 2005.

The former Marine sergeant, who spent 18 months fighting in Iraq as part of an elite counterterrorism unit, came home to a hero's welcome in his small Midwestern town. But after the parties ended, he was a lost soul.

"I thought, 'OK, the ticker tape's over,'" said Boyd, who is 28 years old, with broad shoulders and a disarming smile. "What do I do now?"

Boyd was haunted by images of mortar fire and shrapnel wounds, yet he missed the adrenaline rush of battle and the camaraderie of his fellow Marines. His college classes and bartending job in Illinois seemed meaningless. He fell into a deep depression.

During a night of heavy drinking, a suicidal Boyd got a phone call from a friend in Sacramento. Within a few weeks, he had packed his bags and headed west. He met with Morris, who helped him choose a career path and deal with his stress.

Now Boyd works as a personal trainer and is pursuing an exercise science degree at Sierra.

"I still have my 'spells,'" he said, "but I'm doing OK. I have my life on track."

At least 60 percent of Sierra's student veterans are in remedial classes, Morris said, trying to catch up academically

to younger classmates who could not relate to their war backgrounds. Veterans with mild traumatic brain injury often have trouble concentrating on lectures or assignments. Many deal with ongoing nightmares and insomnia. Some numb themselves with drugs and alcohol.

About 17 percent of veterans who served in Iraq and Afghanistan related to their duties, from amputations to severe anxiety, according to federal figures. Morris believes that number is misleading, saying many veterans with combat anxiety or PTSD refuse to file disability benefits because they are afraid it will affect their future employment.

"Some of these veterans are truly more afraid of going to college than they were of going to Iraq," said Morris, who has served in the Army National Guard and the California Air National Guard as well as the Marines. "They are so overwhelmed, and they feel very isolated."

They have a hard time coping with classmates who complain about such mental things as "the wrong kind of chocolate in their latte," she said. "Given what they have been through, they have a very low tolerance for that sort of thing." They get upset when they see war protesters, or hear classmates question the morality of the conflict. Morris talks them through their anger and confusion.

"The war is not over for them when they come home," she said. "It's playing over

and over in their minds. Society seems oblivious to that."

"One of the most important things we do is give them a place to get together with people who understand their feelings."

Chris Sederquist, who served as an Army infantryman and sniper in Iraq, learned after he returned home in 2004 that most of his squad had been killed in action. Suddenly, his civilian life seemed frivolous. He became angry, anxious and stressed, and remains so.

Sederquist is disgusted, he said, by civilians who "don't even vote" but slam the war, and the soldiers fighting it. "Most of them don't understand the idea of picking brains out of your boots, things like that," he said. Sederquist, 27, "It's hard to talk to people" who have never been in combat.

He has found fellowship among other veterans on campus, who seem to be the only ones who can relate to him, he said. But four years after coming home, he has joined the Army Reserve and is "all about going back" to the war front to be with "like-minded people," he said. It is not an uncommon scenario, said Morris.

"A lot of these veterans end up going back to the war zone because they need that adrenaline rush, and that sense of purpose, and they miss the connection with their military buddies," she said. "They need to feel that they belong again."

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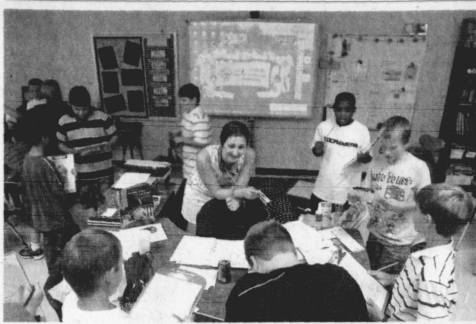
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PHOTOS BY DAVIE HINSHAW  
Nikki Godfrey-Hill, a fifth grade teacher at India Hook Elementary School in Rock Hill, S.C., is surrounded by her all-boy students on the first day of school on Aug. 20.

## South Carolina leads nation in single-sex classrooms

By Ann Doss Helms  
McClatchy Newspapers

ROCK HILL, S.C. — Austin Bailey was psyched about starting fifth grade last week.

"All my friends are in this class, and there are no girls to bug you," said Austin, whose classroom door at India Hook Elementary sports pirate skulls and crossed swords.

At the all-girl class next door, a multicolored pirate ship has dolphins jumping alongside and a sail saying "Welcome aboard!" Rebecca Evans and Hannah Simpson are equally happy to be there, saying they'll do better without boys picking on them.

These 10-year-olds are part of a trend that's booming in South Carolina. Separating adolescent sexes so teaching can be tailored to different brains and bodies.

Boys are more likely than girls to flunk classes, rack up discipline violations, he assigned to special education and drop out. Some say that's because traditional classrooms set boys up for failure by demanding that they sit still, keep quiet and focus for long stretches of time.

### South Carolina takes lead

In 2006, federal regulations authorized single-sex classes in public schools. This year almost 450 schools nationwide will offer them, according to the National Association for Single-Sex Public Education. About 200 are in South Carolina.

Last year David Chadwell, a former South Carolina teacher, became the nation's first state official dedicated to promoting the concept. State Superintendent Jim Rex tapped him as part of South Carolina's public school choice movement.

Last week Chadwell spoke to faculty and parents at South Charlotte (N.C.) Middle and Hopewell High. Both schools introduced all-boy and all-girl classes Monday.

Neither South Carolina nor North Carolina's Charlotte-Mecklenburg schools have data to bolster hopes that test scores, behavior and attendance will improve when boys and girls are split. But they'll be tracking students this year.

### Expect controversy

Segregation of any kind can be controversial, Chadwell says. When he spoke last week about the "drama" that ensues when girls interpret tones of voice, he got a sharp rebuke from a woman on Hopewell's faculty. "That's the same illogical stuff that says women can't be principals or president."

Chadwell said he's not talking about limiting any-



Fifth graders Tripp Hornsby and Zachary Cawley of India Hook Elementary School in Rock Hill, S.C. compare heights during the first day of school in an all-boy class on Aug. 20.

one. Separate classrooms are designed to break down stereotypes.

"There's nothing about gender differences that says boys and girls can't learn the same things," he said.

Or as India Hook teacher Nikki Godfrey-Hill says, her boys and Carman Austin's girls are on different roads to the same destination. "My road is a lot different from hers and a lot noisier."

### Natural styles

Austin and Godfrey-Hill attended a talk by Chadwell last year. As he described what works for boys and girls, they kept whispering to each other.

Austin — soft-spoken, well organized, given to focusing on a task until it's finished — realized she's a natural girl teacher.

Godfrey-Hill, who loves roller-blading and hunting, realized that the loud, fast-paced personality that had hindered her as a child could be a plus in teaching males.

As she took her 17 boys through first-day paperwork and rules, she

peppered them with quips, fist-bumps and high-fives. They began to realize they wouldn't get in trouble for making a little noise.

"Capiche?" she asked them after giving instructions.

"Capiche!" they called back.

She took them through the list of things they can't bring to school.

"The next one I hope we don't have to worry about in here," she said.

"Drinking?" a cutup said. "Nail polish and make-up."

Cue the groans and gags.

### Other versions

Fifth-graders at India Hook chose whether they wanted a single-sex class; there were just enough for one class each. Students at Fort Mill Middle, also in York County, had the same option — and Godfrey-Hill's 13-year-old son said no.

In Mecklenburg, South Charlotte Middle assigned students based on teacher recommendations.

Sierra Walker, 13, says she was "sad" when she heard she'd be in girls-only classes. But when she and her parents, Erik and Michelle Walker, came to hear Chadwell talk, she found herself agreeing with his pitch.

She loves to make her notes neat and colorful. She gets frustrated waiting for boys to settle down. "Sometimes I'm like, 'OK, can we get started?'"

Sierra listened to language arts teacher Alisha Wright talk about how she's replacing "The Red Badge of Courage," a Civil War novel featuring a female spy.

"Now I'm really excited," Sierra said.

Hopewell has put about 150 freshmen in single-sex algebra and English I classes. The goal: Keep them focused and successful during a year when many kids fall behind.

### Will it work?

Skeptics will wonder whether single-sex classes are the latest education fad.

East Iredell Middle School tried them a few years ago. It worked well for advanced math, recalls Principal Kathy Stillerman, but when it was expanded to science and social studies, "it was something of a scheduling nightmare."

Stillerman says the experiment faded before her school had enough hard data to declare it a success or a flop.

Chadwell cites results of last year's survey of 1,700 South Carolina students in single-gender classes: Most said the setting boosted their confidence and grades.

But his program is new enough that he's still gearing up to track performance and compare it with similar kids in mixed classes.

Chadwell says single-gender classes work best if they're optional, if teachers are well trained and if parents buy in. And like anything in education, each teacher's ability shapes the results.

He told South Charlotte parents about a South Carolina teacher who had her all-girl class wearing matching bows and doing beauty-queen waves.

"It was awful," he said. "That teacher had to be dealt with."

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## Ways to make college dorm rooms more eco-friendly

By Liza N. Burby  
Newsway

MELVILLE, N.Y. — Though today's college students are more aware of the environment than their parents were at that age, creating an eco-friendly dorm may be a challenge given the space limitations of the average room. That's why shopping for green alternatives to the extensive list of accessories and supplies they will need can be a practical way to protect the Earth and their home away from home at the same time.

Before you shop, check with the school to see if it has recommendations and suggestions for green options, says Amy Provenzano, executive director of environmental stewardship at Stony Brook University. "Then look for items made out of recycled content, like cotton, hemp, bamboo and cork, and try to stay away from plastics. You can get substitutes for all kinds of items, like hangers and rugs," she says. "Go more organic for bedding and towels, like 100 percent cotton. They cost more and don't always come in the extra long twin for dorm rooms, but you can opt for an organic pillow, at least."

### Reuse, recycle

Don't assume you can only buy new, says Jessica Jensen, chief executive of Low Impact Living, a green home improvement site. "Students can decorate their dorms with items purchased from Goodwill, vintage shops and (the online classified site) Craigslist. And many schools have recycling programs whereby items kids didn't take home with them last year are available to students for this school year, like chairs and appliances."

### Your new way of living: Green everything

Keep energy saving in mind when you buy products that use electricity. For instance, while most rooms have overhead lighting, if you get a desk lamp, provide your child with compact fluorescent light bulbs. Brian Kenny, resident hall director for Adelphi University in Garden City, N.J., recommends shopping for appliances with the Energy Star label, including the student's computer, monitor, TV and refrigerator.

But students also can opt for communal appliances, says Michael LaFemina, 23, a representative of Students for a Greener Hofstra, an organization at Hofstra University in Hempstead, N.Y. "You don't have to bring a microwave and refrigerator, as these are usually available in the common area. So are TVs and DVD players," he says. "It's all about using less energy. And if you do have your own appliances, keep them on power save mode."

### Behavioral changes

In fact, in a dorm setting — as well as at home — being green is as much about behavior as it is about purchasing decisions, as Michelle Pizer, 20, a senior at Stony Brook University, learned.

"It's not always easy for a college student to afford eco-friendly items and it's hard to find them even if they are affordable, so I do what I can," says Pizer, president of the university's environmental club. Though she has a nearby apartment, she says she lived green even when she was in a dorm. "It's really a matter of changing habits in ways that don't cost much. For instance, I use as little water as possible when taking a shower or washing dishes. I never buy plastic water bottles and instead have a reusable aluminum bottle and fill it with tap water. I have reusable canvas bags for shopping and I try to rely on my bike for transportation."

### Alternatives

Other green alternatives for students include reduced packaging for laundry deter-

gent as well as all products, like snacks. "The less packaging the better, so we reduce the amount of plastics being used and trash," says Amy Urquhart, assistant provost for student affairs at the C.W. Post Campus of Long Island University in Brookville, N.Y.

Students also can use eco-friendly cleaning products and a clothes rack for air drying. Another idea is double-sided printing on recycled paper. A power strip that can be unplugged when appliances are not in use saves electricity.

"It's really about a student lifestyle change and habits that can be a challenge at first but ultimately aren't difficult to adopt," says Urquhart.

## Medical journal advocates having fewer children to save the planet

By Laurie Goering  
Chicago Tribune

LONDON — There are plenty of ways to cut your carbon footprint, whether it's driving less or buying an energy-efficient refrigerator. But the British Medical Journal, in an editorial last month, urged a more controversial one: having fewer children.

With 60 million people already living in one of the most densely populated countries in the world, the journal said, British couples should aim to have no more than two children as part of their contribution to worldwide efforts to reduce carbon emissions, stem climate change and ease demands on the world's resources.

Limiting family size is "the simplest and biggest contribution anyone can make to leaving a habitable planet for our grandchildren," the editorial's authors said.

Family planning as a means to reduce climate change has been little talked about in international climate forums, largely because it is so politically sensitive. China's leaders, however, regularly argue that their country should get emission reduction credits because

of their one-child policy, and many environmentalists — and even a growing number of religious and ethics scholars — say the biblical command to "be fruitful and multiply" needs to be balanced against Scripture calling for stewardship of the Earth.

Increasingly, "a casual attitude toward global warming ought to be viewed as a sin," argues James Nash, director of the Churches' Center for Theology and Public Policy, a Washington-based research group that studies the relationship between Christian faith and public policy.

The appeal to have fewer children sounds a bit odd in Europe, where one of the biggest worries these days is plunging birthrates. German women today bear an average of just 1.3 children, fewer than women in China, where the one-child policy is fast weakening. Even British women are giving birth to just 1.9 children on average, a level below that needed to produce a stable population.

In the U.S., a Census Bureau study released last week said that women are not only waiting longer to have children, those ages 40 to 44 who do have an average of 1.9 children each, more

than one child less than women in that group did 30 years ago.

But each child born in a rich country like Britain or the United States is likely to be responsible for 160 times as much carbon emitted as a child born in Ethiopia, said John Guillebaud, a British family-planning doctor, university professor and one of the authors of the British Medical Journal editorial. With efforts to cut emissions likely to go only so far, cutting births may be the best option, he said.

"We're not Big Brother. We're not for pushing people," he insisted in an interview. "We just think deciding how big a family to have should take into consideration our descendants."

At the current projected rates of growth, the world's population, now at 6.7 billion, is expected to reach about 9 billion by 2050. Environmentalists argue that a population that large will dramatically overtax the world's resources and likely lead to growing conflict as well as potentially crippling climate change, particularly as poorer parts of the world develop and begin using more resources.

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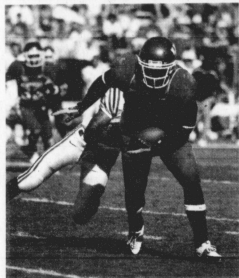
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## Experience, competition battles strengthen defense

By Kenny Colston  
kcolston@kykernel.com

Two years ago, UK had one of the worst defenses in the nation under former defensive coordinator Mike Archer. Last year, the Cats improved to allowing less than 400 yards a game, a 56-yard decrease, but not enough to change perceptions about UK's defense.

Yet, when the 2008 edition of the Cats is



FILE PHOTO BY ED MATTHEWS | STAFF  
Junior linebacker Micah Johnson breaks a tackle after an interception against Florida Atlantic last year at Commonwealth Stadium.

discussed, defense is a talking point among coaches and players. So what changed?

"The fact is that we're a year older," junior defensive end Jeremy Jarmon said. "Everyone has experience and new depth allows competitions which helps guys grow faster."

During the spring, the summer offseason and leading into fall practice, UK head coach Rich Brooks said he feels good about this year's defense, which returns 17 of the top 22 defenders from last year. But one key aspect that was lost was Wesley Woodyard, a linebacker considered to be the defense's best player and leader. Woodyard has led the team in tackles each of the past two seasons while doubling as the squad's emotional leader. With him gone, Jarmon sees a team effort on the horizon, not a one-man show.

"We're not going to have a guy who gets 130 tackles," Jarmon said. "It'll even out, we have great football players."

Jarmon is expected to improve on last year's nine sacks and 62 tackles as an anchor on the defensive line. Senior defensive tackle Myron Pryor and junior tackle Corey Peters are expected to help, if both can stay away from injuries that have plagued their careers. In fact, Peters is willing to debate just how much of an impact his defensive line teammates will have.

"Jarmon will always be Jarmon, the best defensive end in the SEC," Peters said. "And Pryor is the best defensive tackle in the nation when healthy."

Senior Braxton Kelley, a three-year starter

at middle linebacker, will take over Woodyard's spot on the weak side. Highly-touted junior Micah Johnson will get the chance to live up to the expectations put on him as a freshman as the new middle linebacker.

But the strength of the defense may live in the secondary. Junior Trevard Lindley was named a preseason All-Southeastern Conference selection and is only four pass break-ups away from the school record of 27. Senior Marcus McClinton returns after injuries sidelined him last season. Paul Warford was expected to play as the second corner until he was ruled ineligible this season, but senior David Jones is expected to push for playing time.

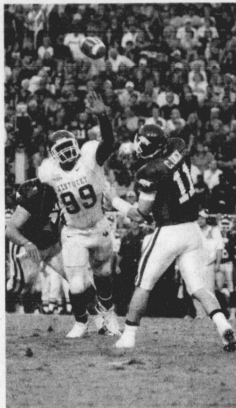
That's the type of experience that Brooks hopes changes the tune of UK defense from years past.

"Looking around everyone in our starting lineup has starting experience," Peters said. "No longer can we give up long drives."

In addition to the returning starters, position battles at corner and the defensive end position opposite Jarmon are expected to help give UK's defense some improvement. Senior linebacker Johnny Williams and junior safety Ashton Cobb also bring starting experience to the defense.

The key to an improved defense involves everyone getting better, Jarmon said. With Woodyard and the other seniors departed, the margin for error is smaller.

"Everyone has to get better in practice," Jarmon said. "We's made up for our mistakes, but he's not here. We have to get better by watching film and being in shape."



FILE PHOTO BY ED MATTHEWS | STAFF  
Junior defensive end Jeremy Jarmon tries to tip a pass during the UK-Arkansas game last year in Fayetteville, Ark. Jarmon is expected to anchor a deep and talented defensive line.

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## Cats running with depth, confidence

By Alex Rison  
arison@kykernel.com

Rarely is losing a former all-conference running back like Rafael Little taken so lightly.

But with four experienced ball carriers coming back, head coach Rich Brooks hasn't been shy about the potential strength of UK's ground game.

"I love our four tailbacks," Brooks said. "I haven't been on a college team where I've had this many choices going into fall camp with four quality players at the position. That is our deepest position."

Little rushed for 2,996 yards, good for third in school history, during his career at UK. While the Cats may not have a back with Little's ability, they do have four capable runners in senior Tony Dixon, junior Alfonso Smith and sophomores Derrick Locke and Moncell Allen.

Dixon has the uncanny ability to break tackles and forge ahead for tough yards. As a junior he averaged 5.7 yards per carry and caught five passes in the win over Louisville. As for this year's opener against the Cardinals, Dixon expects positive things.

"It's all mental," Dixon said. "Before we step out on the field at Papa John's (Cardinal) Stadium, it's all mental. If you cannot do it mentally, you cannot do it physically."

Dixon pointed to last year's wins

### On kykernel.com

A video breakdown of this weekend's key matchups in the annual Governor's Cup game.



FILE PHOTO BY BRAD LUTTRELL | STAFF

Junior running back Alfonso Smith stiff arms a defender during last year's Kent State game at Commonwealth Stadium.

over Louisville and national champion Louisiana State as proof that the Cats have arrived and shouldn't be taken lightly. Dixon also mentioned the importance of leadership on a team that lost many of its key players.

"Nobody is going to stand in our way," Dixon said. "We just have to work hard in fall camp and we have to come out and be ready."

Locke, a freshman sensation last season, is expected to shoulder an increased workload this year in order to help the Cats get to their third consecutive bowl game. Last season, the speedster put up big numbers on limited carries, carrying the ball 94 times for 521 yards and five touchdowns.

Locke, a two-sport star, hopes to bring his track speed to the football field. Locke was named SEC Indoor Freshman Field Athlete of the Year and was named to the 2008 NCAA Indoor Track and Field All-American team as well as the 2008 SEC All-Freshman Team.

But the most intriguing player to watch could be Allen, a 225-pound bowling ball of a running back.

Brooks said Allen has great size and is hard to tackle once he gets into the secondary. Plus, the sophomore provides a change from the speed of Locke and Smith.

The rushing game isn't the only

See **Tailbacks** on page 10

## Top-ranked teams to test youth movement

By Alex Rison  
arison@kykernel.com

In any sport, experience matters.

But with 21 freshmen and sophomores suiting up this year for the women's soccer team, experience is lacking. That doesn't mean head coach Warren Lipka isn't excited.

"Youth breeds excitement here," Lipka said. "And we

have a lot of youth, so I guess there is some pretty big excitement."

The Cats will play a myriad of big-time opponents early this season. The Cats non-conference schedule kicks off with No. 8 Texas on Thursday at the UK Soccer Complex. After the early test against the Longhorns, the Cats immediately travel to Chapel Hill, N.C. to play No. 3 North Carolina and No. 10

Duke in the Nike/Carolina Classic.

Lipka believes the tough non-conference schedule should prepare his young team for the rough SEC battles later in the season.

"The schedule will play itself out," Lipka said. "That's how you get better. You have to play the top teams in order to improve. The scrimmage against Ohio State last week was just that, a scrimmage.

We learned from our mistakes after watching the film. I actually thought we did a pretty good job of controlling the ball after seeing the tape. It was good to see what we need to work on and get the early season kinks out."

Just how many kinks are worked out will be tested in a matter of days when Lipka's Cats are thrown into the fire

See **Soccer** on page 10

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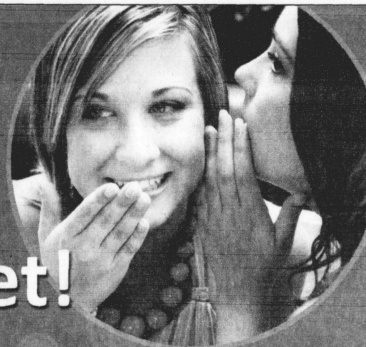
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## TAILBACKS

Continued from page 9

place Little will be missed. He finished his UK career with 1,324 receiving yards, becoming a huge part of the UK passing game. With Little gone, it's Locke who may become the target out of the backfield.

"Derrick Locke has shown pretty good hands in pretty good situations," Brooks said. "Moncell has been able to catch it pretty well as well. So we'll have to see who the best receiver is of that group."

With a full stable of backs, depth shouldn't be a concern at the position, and Brooks has said that all four backs will see time on the field.

"We all have to be ready," Dixon said. "You never know when somebody could go down. When we get in, we just have to remember we are part of the team and we aren't trying to compete against each other."

## SOCCER

Continued from page 9

against the Longhorns. It is likely that several freshmen will start against one of the top-ranked teams in the country, Lipka said. But he isn't worried about his team.

"I felt good after the OSU scrimmage," Lipka said. "We just need to work on our touch."

In total, there are 11 freshmen and 10 sophomores that could see significant playing time early in their UK careers.

With all this youth, it can be easy to overlook the talent that returns. Senior midfielder Nicola Holdsworth is excited for her last year at UK. Holdsworth will be a

vocal leader this year and is joined by senior defender/midfielder Kristin Kover. Lipka, who expects his two seniors to show leadership to his young squad, heralds the senior tandem.

"The last two years we've emphasized leadership and now these two girls can step up to fill those roles," Lipka said.

The Cats hope to create exciting match-ups against their tough early season schedule, but when push comes to shove, Lipka wants the tough opponents to help his team grow.

"We're not just here to build soccer players," Lipka said. "We're here to be a team on and off the field. That's the key to success. You have to trust each other and be a family."

## Criticism lingers for Heisman-winner Tim Tebow

By Joseph Goodman  
McClatchy Newspapers

GAINESVILLE, Fla. —

Tim Tebow is not perfect.

Sure, Florida's quarterback won the Heisman Trophy in 2007, but not once last season did he lead a game-winning, fourth-quarter touchdown drive. Tebow had three chances to be the hero, against Auburn, Louisiana State University and Michigan, and he stumbled every time.

So, technically, Tebow was perfect with the game on the line. He was a perfect failure. Harsh, but true: Tebow couldn't win the close game. That's the criticism facing the junior from Jacksonville entering the 2008 season.

This preseason, Tebow blamed his play under pressure on a lack of knowledge for the game. He said he worked the entire offseason to improve his decision-making abilities during the two-minute drill.

### Decisions, decisions

"That's what separates you from average to good and good to great," Tebow said. "So, that has been my

No.1 focus this year."

Tebow points to NFL quarterbacks Tom Brady and Peyton Manning as the gold standards for excellence under pressure. According to Tebow, decision-making is the only thing that separates Brady and Manning from other talented quarterbacks.

"They're not more blessed as far as athletic ability," Tebow said.

"They just make better decisions on the field. They're more knowledgeable about the game."

It's elementary, but some of the best decisions Brady and Manning make on a game-to-game basis are when they choose not to run the football. Tebow's biggest weakness last season was his inability to find an open receiver. Instead of reading the field and finding an open receiver, Tebow often would scramble for a first down.

All those improvised scrambles helped Tebow win the Heisman. He led the Gators in rushing (895 yards) and rushing attempts (210), but all those decisions to morph into a fullback might have hurt the team more than

anything.

Tebow's run-first mentality was useless late in the fourth quarters of games when there was only enough time on the clock to win as a traditional quarterback. Tebow's maturity in the pocket must improve this season, UF offensive coordinator Dan Mullen said.

"We need to make plays with how fast he can make decisions," he said.

"We need to get the ball out of his hands so he doesn't need to make plays unless he has to."

Mullen, who doubles as the team's quarterbacks coach, has stressed speed and better decision-making this offseason. In addition to forcing Tebow to remain in the pocket longer, which would allow Tebow to find an open receiver, Mullen and Florida coach Urban Meyer also implemented a permanent no-huddle offense during spring practice.

### Faltering late

The no-huddle format should get the offense more plays, but it also could boost Tebow's confidence and poise in the fourth quarter.

Tebow was voted college

football's best player last season. He accounted for a school-record 55 touchdowns and the Gators led the Southeastern Conference in scoring, but consider this statistic before enshrining Tebow as the greatest Gator: With five minutes or less in games against Auburn, LSU and Michigan last season, Tebow combined to complete just 4 of 12 passes for a total of five yards.

However, SEC East rival Tennessee played for the conference championship, and Georgia, another SEC East rival, played in the Sugar Bowl.

Also, SEC West power LSU, a permanent fixture on the Gators' annual schedule, won the national championship. The trip to New York for the Heisman Trophy ceremony was a nice consolation prize, but despite that, Tebow refers to the 2007 season as a disappointment.

### Championship dreams

"Part of being a great leader is finding a way to get your team to a championship game," Tebow said.

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## Giuliani among Republicans seeking to depict Obama as unprepared to lead

By Dan Janison  
Newsday

NEW YORK — Former New York City Mayor Rudy Giuliani appeared a few miles from the convention hall where Barack Obama was to be nominated and cited past statements from Hillary Rodham Clinton to make his case for Sen. John McCain.

Reacting to her Obama speech Tuesday night, Giuliani said: "I thought it was a very good speech for her. I thought it was a very good speech for us. I did not think it was a very good speech for Obama because ... what we don't know is that she thinks he's prepared to be commander in chief, because she said

she doesn't."

When asked, Giuliani said he has not received a call from McCain regarding the vice presidency.

Giuliani's effort to counter the unity message inside the Pepsi Center, one week before the Republicans convene in St. Paul, Minn., echoes a similar message carried by Mitt Romney, another primary candidate, in a news conference on Tuesday.

The former mayor, who had been running in 2000 against Clinton for the Senate when illness forced him to withdraw — and who attacked Clinton repeatedly, especially on economics, during his failed presidential primary bid — was part of a Republican trio who

sought to depict Obama as naive on foreign policy.

The others were former Lt. Gov. Michael Steele of Maryland and former U.S. Treasurer Rosario Marin. She explained she cannot run for vice president since she was not born in the United States. Steele, asked after the news conference if he could become the GOP's first African-American candidate for vice president, said with a smile, "You'd have to take that up with Senator McCain."

The theme of the McCain message squad is "Not Ready '08," focused on the contention that Obama is unprepared to lead the United States.

## Young, single men choosing vasectomies

By Alexia Elejalde-Ruiz  
Chicago Tribune

CHICAGO — Jeremy Youngman, a 32-year-old tattoo artist in Downers Grove, Ill., likes his birth control the way he likes his body art: permanent.

At 27, Youngman got a vasectomy. Unlike the vast majority of the 500,000 men in the United States who get sterilized every year, Youngman was single and had no children.

To Youngman, the thought of getting a woman pregnant was "the scariest thing in the world." He said he's long known he doesn't want to be a father, and he didn't want to take any chances.

"It's hard enough to take care of myself, let alone a kid," Youngman said, adding that he still uses condoms to protect against sexually transmitted diseases.

Half of all pregnancies in the United States are unwanted or mistimed, according to the Centers for Disease Control and Prevention. For some young men, relying on condoms or a woman's promise that she's on the Pill isn't enough to protect against unwanted progeny, so they're opting for vasectomies.

Though such cases are uncommon, the relative ease and affordability of vasectomies, plus the possibility of reversal, make them an attractive option for some men.

Doctors tread carefully in

such cases. While any man older than 18 can legally get a vasectomy, doctors can turn men down if they don't believe them to be mature or sure enough of their future plans.

"I received a call from an 18-year-old high schooler, and that was a no-no," said Dr. Arif Agha, owner of the Vasectomy and Reversal Center of Chicago, in Oak Brook, Ill.

Dr. Kiu Mostowfi, owner of Vasectomy Clinics of Chicago, said that when a 24-year-old man approached him about a vasectomy, he told him he was too young and suggested he come back in a year after he'd thought about it. When the man returned a year later and was still committed, Mostowfi agreed to perform the vasectomy.

Another of Mostowfi's patients, Justin Holt, 27, said the doctor grilled him with "what-if" questions for 40 minutes before agreeing to perform his vasectomy last month. Holt, who lives in Chicago's Logan Square, said he's sure he never wants children.

"It's the only way to be responsible for myself and my behavior," said Holt, who works as a data specialist for a financial firm.

While Holt said he has no regrets, the finality of the decision has been surprisingly emotional.

"Every once in a while you get this weird thought of, 'I'm never going to be a father,'" Holt said. "It's equal

parts terrifying because you're not like everyone else, and also because you made this extreme decision at 27."

Doctors must give "extensive counseling" on the benefits and risks of vasectomy to ensure men know what they're getting into, said Dr. Chris Gonzalez, a urologist at Northwestern Memorial Hospital.

Among the benefits: The no-scalpel procedure, introduced in the United States in the 1980s, typically takes about 15 minutes under local anesthesia, and requires little recovery time. Its \$1,000 cost is typically covered by insurance.

Among the risks: There's the possibility of chronic pain, which occurs in one of every 500 men. And while vasectomies can be reversed, men shouldn't count on it, doctors say. Vasectomy reversal is a complex procedure that takes three to four hours, and the \$10,000 to \$25,000 cost is typically not covered by insurance. Plus, men don't always get their fertility back, especially if more than 10 years pass between the vasectomy and the reversal.

"We want men to look at vasectomy as a permanent solution," Gonzalez said.

Don Anderson, a mechanical engineer who lives in Oak Park, said he thought carefully before deciding to get a vasectomy at 34, a year after he got married. He and his wife agreed they didn't want any children, and they were tired of combining con-

doms and the birth control pill to ensure they didn't get pregnant. Vasectomy was cheaper and less risky than a tubal ligation, the surgical procedure to sterilize women. Instead of buying an engagement ring, they decided to use that money to buy a red Mazda Miata (for her) and a vasectomy (for him).

Anderson said that while his doctor didn't give him trouble, he's disappointed to hear of other young men who consistently get turned down for vasectomies simply because they don't already have children.

"Somebody who's in their 20s can easily decide to have children," Anderson, now 42, said. "It's ridiculous that they can't make the decision to not have children."

Men should realize being sterile could affect future relationships, said Dr. Laurence Levine, a urologist at Rush University Medical Center. Most vasectomy reversals are for men who get remarried and find that their new wives want to start a family.

Mark Witt of Park Ridge, Ill., got a vasectomy because he and his wife didn't want children. But when they divorced a year later, he discovered that was a deal breaker for some women on the dating scene, said Witt, 48, who works in healthcare administration.

"I've had some regret because I've lost some good women because of it," Witt said.

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## Finally, an easy way to backup your computer

By Craig Crossman  
McClatchy-Tribune News Service

I've been saying it for years now: It's not "if" your hard drive will fail, it's "when." Eventually, your hard drive is going to crash and when it does, it's most likely going to take everything you have stored on it with it. So just ask yourself: How much of your stuff are you willing to lose? Are you willing to lose all of the documents you created with your word processor? How about all those digital photos you took and stored there? Any and all of the work you created with your computer will be gone forever if you don't make sure you back it all up

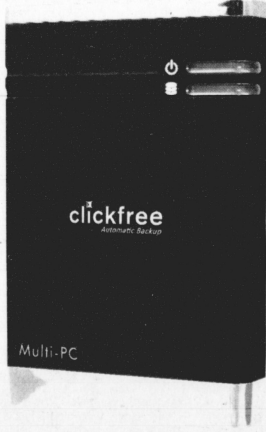


PHOTO COURTESY OF MET  
The ClickFree Automatic Backup is a palm-sized external hard drive.

somewhere safe.

But most people don't make backups and it seems like the reason they don't is a pretty straightforward one: because it's complicated. Oh sure, there are backup programs that say they make things easy, but have you ever taken the time to actually look at some of them? The first clue is that the included instruction manual is an inch or more thick. Then they give you lots of options.

It's nice to have options, but mostly the options themselves can make things complicated. They ask questions like: "What do you want to backup?" You mean I don't want to back up the contents of the entire hard drive? Evidently not, because you probably already have all of your applications on the original CDs you purchased, so why back those up? You need something that already knows this and just backs up all that work you created — and not only that, something that knows how to put it all back the way you had it when it's time to restore it to a new or repaired computer system.

That's basically what the ClickFree does — and it does it all automatically for you. Here's how it works: You buy the ClickFree Automatic Backup, is a palm-sized external hard drive. Currently there are two sizes: 120 gigabytes for \$129.99 and a 160-gigabyte model that does not yet have a price listed. Larger drives are forthcoming.

For most users, these capacities are more than enough to back up your data. Typically a 500-gigabyte drive contains about 10-50 gigs of user data. I understand that if you have gobs of videos and high-density pictures, you'll have a lot more data to back up

— but I'm talking about users with word processing documents, e-mails, some digital pictures and similar data that doesn't take up much storage space.

Take the ClickFree drive out of the box and plug it into any USB port. That's it. No power cord is needed. There's no software to install. From there, you'll see a screen that does a 30-second countdown telling you it is about to scan your entire hard drive and begin making a backup. When it's done, it tells you so and you unplug the ClickFree drive. You backup is finished. The next time you do it, things will happen even more quickly because it performs an incremental backup — basically, it knows what changed since the last time and will only back up the new stuff.

Also, if you have more than one computer, just plug in the ClickFree and it will back up each one. It will automatically recognize whichever computer you plug it into again later on and perform an incremental backup for you.

When the inevitable happens, just have your computer repaired and install a fresh copy of Windows. Then plug in the ClickFree and it will ask which computer backup you wish to restore if you had different computers backed up to it. If there is only one, the restore begins immediately. All of your data will be replaced where it was originally, in every folder, right down to the bookmarks in your browser, your e-mail and even the wallpaper you selected for your desktop. When done, the computer will be restored exactly as it was when the backup was last made. It couldn't be simpler.

ClickFree can also be used to migrate your older PC to a newer one, even from Windows XP to Vista. All of your data, e-mail, bookmarks and everything else will be restored to the same place it was, and you can immediately begin your work on the new machine.

I realize that nothing is perfect and I'm sure that some users may want to tweak things before backups and restorations are made. ClickFree does offer many of these options before the automatic process begins. But even with those few extra clicks, it looks like the ClickFree solution may still be the best one yet.

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## ■ KERNEL EDITORIAL Plans for athletic facilities gloss over more urgent issues on campus

Let's not kid ourselves here. Athletics are a staple of UK and most of the outside population views this university in terms of its sports teams.

But that doesn't make these plans for a new basketball arena, new baseball arena and major renovations to the football stadium any more logical. UK should not throw around numbers like \$300 million and \$400 million without thinking about the university as a whole.

UK students are passionate about our football, basketball and baseball programs, but they are also passionate about the quality of their education. Students are seeing tutoring programs cut as a result of budget slashing. Tuition is being raised every year. Employees are continually denied their pay raises.

UK has more pressing needs than new and renovated athletic facilities. And didn't the basketball team just get a brand new \$30 million practice facility anyway?

It comes down to weighing the needs of UK, and these new arenas and renovations just aren't at the top of the list. Rupp Arena, while not new by any stretch, is still one of the premier venues in college basketball.

How many other programs boast a 23,000-seat arena with the kind of history you'll find at Rupp? It's also clean and very structurally sound. And the Lexington Center, which Rupp is apart of, is a fantastic facility. The city of Lexington should be proud of the entire complex.

Many are in favor of a new basketball arena because the current Rupp does not have any club or luxury box seating, which often bring in additional revenue. But renovations are still a better course of action if something must be done. The huge cost of building a new arena from the ground up is unwarranted, bordering on wasteful.

Cliff Hagan Baseball Stadium is more than adequate for UK's growing

and successful baseball program.

Commonwealth Stadium needs to start selling out on a week-by-week and year-by-year basis before any additions should be considered. It's still the biggest sporting venue in the state, and is overall an excellent facility.

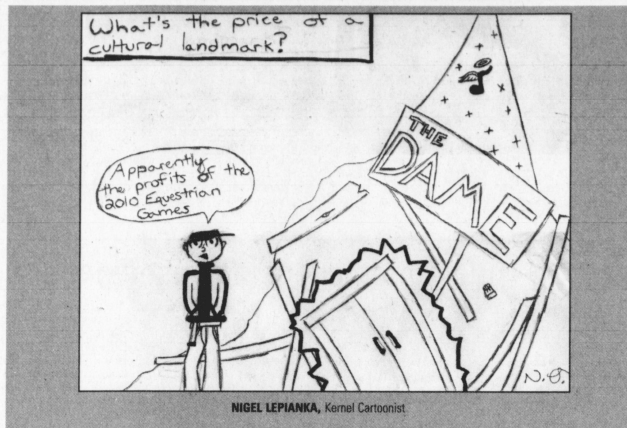
It also seems peculiar that UK brings this idea to the table just over a year after the University of Louisville made final arrangements for a new downtown basketball arena. You can't help but think that part of the reasoning here is to simply match U of L. The rivalry has truly become absurd if that is the case.

Any given day, any student on campus could probably give a laundry list of things they dislike about campus or things that need to be fixed. University administration needs to make a point of addressing the needs of the people that really make UK function on a daily basis.

These three projects are all reportedly being funded by private contributions. This is good, because there are certainly more pressing needs for our tax dollars.

Obviously, these private contributors can choose to have their money allocated in any manner they wish, but couldn't these people or businesses be persuaded to make contributions for things UK really needs? How about some new dorms? The university seems to have difficulty keeping them open (see the Boyd and Jewell fiascos), and many could use a complete overhaul.

No one denies the enormous impact athletics have at UK or how much money football and basketball generate, but the students are still what make UK go and their needs should come before anyone else's. It's also the students who keep UK Athletics thriving. If these private contributors truly care about the university, they should keep that in mind.



NIGEL LEPIANKA, Kernel Cartoonist

## Katherine Shaw responds to Kernel alcohol story

*Editor's note: This letter was submitted in response to Wednesday's Kernel article, "The debate on drinking."*

My son died at Red River Gorge. My son was drinking. He was alone when he died. Since there were no witnesses, no person should boldly state, as the Kernel chose to in a Wednesday article, "That decision (drinking underage) led to his death..." It may or may not have. We weren't there.

No one was. Lauren Fannin and Lindsey Harp were partying in town. It was raining hard, flood-hard. They did the responsible thing and called a cab to take them home. The two women were swept away by flood waters as they emerged from their cab. How can anyone claim that their death was alcohol-related? I might have been swept away myself if I could recreate the same circumstances at 5 p.m. just after getting off work.

Nine young people are listed in this article. Is the only reason Connie Blount not included in this list is because her case is still being investigated?

I think debating drinking and our attitudes in this country toward alcohol is a good thing. I also think we need to discuss the odd ways we cater to youth at the same time we undermine and devalue young people. We also need to address our perplexing need to cast all issues in black-and-white terms.

Why do we state every incident as either alcohol related or not, solely based on whether or not the person had a drink? For instance, the use of language (in this article) with the pictures is not very well thought out. I, myself, my personhood, cannot be X over the legal limit. My blood alcohol level can be. It is a fine distinction, but one that needs to be made. We tend to blame the victims. We should all know that life and death are much more nuanced and complicated than this.

Coming to a new attitude toward drinking may only be possible by comparing our behavior as a society with others. People often claim that Europe does it better. Does it really? If so, what can we learn from its society? I agree with UK President Lee: Today's assessment of the need for studies. Are there any studies we can use to compare attitudes toward young people and their personal rights and responsibilities?

A friend of mine stated that one thing he noticed in Europe is that advertisements for alcohol don't glamorize it. So if we are going to change the way we look at alcohol, we will have to let the well-endowed Budweiser twins find other work. Our advertisements tend to connote the idea that drinking will get me all the hot babes or guys I want.

In our representative republic, we

are supposed to "educate, not legislate." Our society seems increasingly bent on controlling our actions for the other-determined good of the people. I think that just makes us dumber and more dependent. Think "Idocracy."

My son made a mistake. It cost him his life. I grieve and mourn for him every day. His sisters and friends do the same. He was funny and smart and loved his friends and books and music and nature.

He was a way better writer at 20 than I am today. I hate life without him. But I would never take away his freedom to make his own choices. I wouldn't chain him to me. Then I couldn't have had the relationship I did have, however horrifically brief. I don't romanticize his life or his death. Losing him sucks. But he was an adult and we can't control and protect the people we love.

Each face that is in the newspaper represents years of love that can't be replaced, futures forever lost to us, voices on the phone, new memories that can't be created together.

Every time these faces are printed again with the circumstances of their death, wounds are re-opened, those left behind are in tears.

Trent DiGiuro's dad was quoted in a similar way when he spoke at a journalism symposium on dealing with victims and their families about the effect of seeing the bloodstained porch where his son died over and over again, every time the case came back into the limelight ([http://www.darccenter.org/articles/special\\_features/high\\_victims.php](http://www.darccenter.org/articles/special_features/high_victims.php)).

Resetting the drinking age to X will accomplish nothing without changing deep attitudes and behaviors in modern U.S. society. I offer my opinions not just as a mom to three adult children, but also from my years of working with young people. I was a long term youth group volunteer with one church, then a children's pastor at another. I am a UK alumnus, having returned to school and attended from 2002-05. I love to be around young people, to encourage them and help them in any way they ask to navigate through life.

Life is difficult, sometimes joyous, sometimes tragic. We should be working together to value people and their rights and responsibilities in this society.

"My son made a mistake. It cost him his life... But I would never take away his freedom to make his own choices. I wouldn't chain him to me."

### Submissions

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

E-mail opinions@kykernel.com

### Cartoonists Needed

The Kernel is looking for cartoonists, especially those with an interest in campus and local issues. Please contact Opinions Editor Brad Bowling.

E-mail opinions@kykernel.com

## Good choices in diet and exercise can eliminate 'freshman 15'

One of my favorite memories from freshman year was the ritual weekly hike to K-Lair Grill and Food for the daily meal special.

Sitting inside our favorite little hole-in-the-wall, I'd watch all the dorm students drag themselves through the door, freshly rolled out of bed and clad in mismatched pajama pants and UK gear. With a quick swipe of their meal card and a couple squirts of ketchup later, the burden upon their shoulders melted away as they dove into their plate of chicken fingers and crinkle fries.

Now of course, I wasn't just sitting in the corner watching this happen; I, too, was elbow-deep in my own chicken finger special. But at



JORDAN COVEY  
Kernel columnist

least I had ordered a diet soda. Freshman year is a formidable transition by any means. For many students, it's their first true experience in residential, academic and social freedom. Balancing college coursework, roommates and a little fun on the side can sometimes seem unmanageable.

Perhaps that's what created the 'freshman 15.' In addition to the aforementioned freedoms, we also incur dietary freedom.

For one of the first times in our lives, we eat what we want, we want. And there's no mom sitting at the kitchen table raising an eyebrow as we eat our third dinner

for the evening. Combine this freedom with stress and lack of sleep, and students can pack on the pounds.

Contrary to popular belief, research suggests that most students only gain around five pounds during their first year, so there is hope.

Whether the real number is five or 15, there are ways to fight the trend. Ultimately, the best way to keep your health in check is to eat a diet full of fruits, vegetables, whole grains and lean meats.

I'm sure I'm not the first person to teach you about the food pyramid, but I can also attest that these items are hard to find on a college campus. Campus weight management is really about small changes.

Drink diet soda or water instead of regular soda. Let's assume that most college students consume, on

average, two 20-ounce bottles of soda daily. Replacing this with a calorie-free alternative saves 3,360 calories each week, almost the equivalent of one pound of body fat.

The same theory works with your morning java fix. Requesting the light version of your blended frappuccino can save an additional 2,000 calories per week.

Often the items that pack on the pounds are a result of things other than hunger. Stress, loneliness or boredom can all contribute.

Small changes work for exercise too. Most people embark upon exercise routines by a couple days worth of two-hour gym sessions and quit in a week with sore muscles and a bad attitude.

Physical activity is best in small doses when you start out. Walk from the stadium parking lot instead of taking

the bus. Buy a set of 5-pound hand weights and do a couple reps while you watch television at night. Grab some friends and throw a Frisbee around or play a game of racquetball.

Getting exercise with friends is 10 times easier to begin with and sooner or later, you'll catch the bug. I started jogging by signing up for a 5K with friends. What started out as a painful chore slowly turned into something I love to do.

The 'freshman 15' is undeniably a hurdle you'll have to jump when you start college, but luckily, it is completely manageable. Think of healthy eating and exercise in the same regard as studying for a big exam: Slow and steady wins the race.

Jordan Covey is a third-year pharmacy student. E-mail opinions@kykernel.com.

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FACULTY OR GRAD STUDENT to share historic downtown house. 3000 - half off. 859-948-1022

FEMALE ROOMMATE WANTED for house near Fayette Mall. \$200/mo. 859-595-2676. tom.gambino.com

GRADUATE STUDENT Male Preferred. NCS. No pets. Furnished room, kitchen, microwave, w/c, cable. 1.5 miles from UK. \$300/mo. - deposit. 859-948-1424. 859-948-4545

ROOMMATE NEEDED - 2BR Apt. on Thacker Road. \$425/mo. incl. plus cable and internet. paid. Call Dennis 859-952-9779

ROOMMATE NEEDED to share a 3BR. 1BA. Apt. Close to UK campus. Call 859-976-9768

ROOMMATE NEEDED to share apartment on 22E. High Street. \$225 plus water and electric. Call Dennis 859-976-9768

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## Biden helps heal divided Democratic Party

By David Lightman  
McClatchy Newspapers

DENVER — Joe Biden, who was to accept the Democratic nomination for vice president Wednesday night, has quietly become a very popular pick among rank-and-file Democrats.

While Democrats' affection for Biden is nothing new, his ability to do anything with subtlety is. He's legendary in insider circles for taking long and winding verbal roads on the way to making his point.

But as he prepared to officially join ticket mate Barack Obama, his image began to change from the mouth that roars to discreet partner — publicly mum all week — and behind-the-scenes healer and loyal partisan.

Perhaps most important for the Democratic Party, the nomination of the six-term senator from Delaware has brought together supporters of Obama and his vanquished rival, Hillary Clinton.

"I'm very content with Biden," said Dean Boerste, a Clinton delegate from Tell City, Ind. "He's done a lot for working-class people, and he has a lot of great foreign-policy experience."

Sen. Carl Levin, D-Mich., summed up the mood: "Biden covers a lot of bases," he said.

Biden also rouses pro-Republican ire.

"Over his 35 years in Washington, Senator Biden has been a reflexive liberal on every single economic issue," said Pat Toomey, the president of the Club for Growth, a conservative anti-tax advocacy group.

Obama became the official Democratic presidential nominee late Wednesday afternoon, after Hillary Clinton cut off a roll call of states voting for either Obama or her by moving for Obama to be nominated by acclamation. A joyful convention hall did just that, and the third day of the Democratic National Convention became a time for the party to heal. Clinton's address Tuesday night had seemed to calm her disappointed delegates, and they expected one last hurrah from a highly anticipated evening address by former President

Bill Clinton.

In Denver, the party promoted the idea that a new team was carrying the Democratic banner, with Biden, the veteran Senate debater who's twice run for president himself, preparing to launch verbal grenades at Republicans.

He's had lots of practice. He chaired the Senate Judiciary Committee from 1987 to 1995. In that post he irritated Republicans in 1987 when the Senate rejected Reagan nominee Robert Bork for the Supreme Court. He briefly riled feminists four years later by being slow to understand the importance of Anita Hill's sexual harassment charges against high court nominee Clarence Thomas. Thomas eventually was confirmed.

More recently, Biden has chaired the Senate Foreign Relations Committee, and has gained wide respect for his expertise and personal engagement in world affairs. He worked closely with his Republican counterpart, Sen. Richard Lugar of Indiana, to make the panel influential in forging U.S. foreign policy.

Biden provided important support for President Bush in 2002 when Bush sought broad authority to wage war in Iraq. Biden has since become a vocal critic of the war, offering a widely praised plan in 2006 for carving Iraq into three semi-autonomous regions.

Outside the Capitol, he may be best-known for his flights of oratory — and his' gaffes. He tried to compliment Obama last year by calling him "articulate and bright and clean and a nice-looking guy," a comment that many saw as patronizing.

Republicans were quick this week to launch an ad featuring Biden saying that he didn't think that Obama was ready to be president, a quote from a debate when Biden was contesting Obama for the Democratic nomination. Then Biden is shown saying on the Senate floor that he'd be "honored to run with or against John McCain."

None of that seems to bother Democrats this week.

"The party was already coming together," Levin said. "This will help speed up and strengthen that process."

## USDA seeks to end Chilean grape growers' methyl bromide use

By Michael Doyle  
McClatchy Newspapers

WASHINGTON — Grape lovers could have a easier time finding Chilean bunches untouched by the potent chemical methyl bromide, under new rules proposed Wednesday by the Agriculture Department.

At Chile's request, and after at least six years of study, the Agriculture Department wants to lift the longstanding requirement that Chilean table grape producers eradicate mites with methyl bromide. Instead, Chilean producers would follow a new system of registration and inspections.

Table grape growers in the U.S. need not fear either infestation or competition, Bush administration officials insist.

"Most grape production in Chile takes place during U.S. winter months, when there is little or no fresh grape production within the United States with which to compete," the Agriculture Department noted Wednesday.

But the idea is being greeted cautiously in the San Joaquin and Coachella valleys of California, where 99 percent of all U.S. table grapes are grown.

"We still have to learn more," said Barry Bedwell, president of the Fresno-based California Grape and Tree Fruit League. "We know there's going to be overaching concern over the possible introduction of pests."

Kathleen Nave, president of the California Table Grape Commission, agreed that U.S. technical experts must still dig into the details enumerated in a five-page Federal Register notice.

"Once we do the analysis, we'll be advocating our position accordingly," Nave said.

Chilean producers currently fumigate their U.S.-bound table grapes with methyl bromide in order to protect against *Brevipalpus chilensis*, also known as the false grape mite. Barely one millimeter across, the tiny mites nonetheless can be big-time trouble.

The mites feed on leaves, discoloring them and causing them to drop. They can seriously damage vineyards in the spring, and U.S. growers want to do everything they can to avoid them.

"The whole question here is, 'Does it increase the risk of the introduction of invasive pests?'" Bedwell said.

Methyl bromide works. It can also poison humans and degrade the earth's protective ozone layer. Under the Montreal Protocol, its international use is supposed to be gradually phased out.

Chilean clementine, mandarin and tangerine producers have already been permitted to replace methyl bromide fumigation with a system combining registration with inspection.

Starting in 2002, the Chilean plant protection agency began pilot programs testing whether this so-called systematic approach could work with table grapes. The studies found the approach was "efficacious," Agriculture Department officials reported Wednesday.

## FRESHMAN DISORIENTATION



Marketing freshman Jeff Harley sits on the steps in front of the Funkhouser Building to read a map of campus on Wednesday. With classes in full swing, many freshmen could be found reading maps and asking for help locating their classes.



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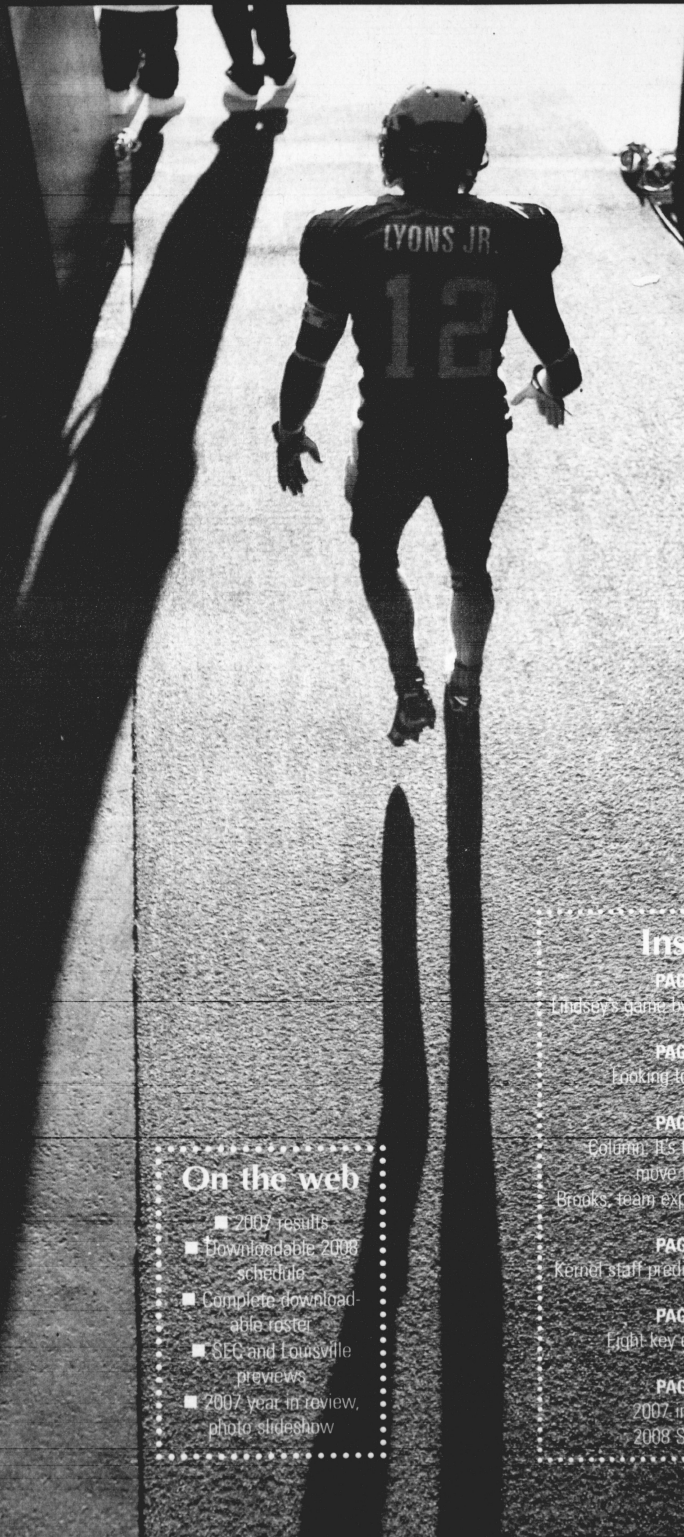
# PIGSKIN PREVIEW A SECTIONS

FRIDAY, AUGUST 28, 2008

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## MOVING FORWARD

Building on the past, new stars emerge from shadows



### On the web

- 2007 results
- Downloadable 2008 schedule
- Complete downloadable roster
- SEC and Louisville prewews
- 2007 year in review, photo slideshow

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2007 in review  
2008 Schedule

PHOTO BY ED MATTHEWS

## Sports columnist takes a stab at how season will shake out

By Eric Lindsey  
elindsey@kykernel.com

Call last year's college football season of upsets what you will — unbelievable, unreal or unlikely — but there's no arguing it was just downright unpredictable. Will this season be the same? Who knows? Nonetheless, I'm going to do my best to predict UK's season on a game-by-game basis. Keep in mind, this is all just for fun, and by no means will it indicate how the Cats will fair this year. I'd like to know what you, the fans, think too. Send me an e-mail at elindsey@kykernel.com with your predictions.

### at Louisville

Date: Aug. 31  
Result: UK 27, U of L 21  
Record: 1-0

**Fearless prediction:** Thanks to a close in the talent gap and last year's thrilling victory, the Cats are no longer wide-eyed when it comes to this game. And they believe they can win it now. Believe me, there were past teams that didn't. Mike Hartline, by Rich Brooks' design, quickly answers his doubters by leading UK on two early scoring drives. The Cards fight back and make it close, but UK's wealth of running backs takes over late in the game and runs down a still atrocious U of L run defense.

### Norfolk State

Date: Sept. 6  
Result: UK 31, Norfolk State 10  
Record: 2-0

**Fearless prediction:** The contest is never in doubt, but UK struggles mightily against an inferior opponent. A combination of the Governor's Cup hangover and a UK offense still trying to find an identity will make for one ugly home opener. Nonetheless, the Cats roll, and the defense looks impressive in doing so.

### Middle Tennessee

Date: Sept. 13  
Result: UK 24, Middle Tennessee 14  
Record: 3-0

**Fearless prediction:** Still perfect. And still ugly. On paper, it looks like the Cats should steamroll the Blue Raiders. But the defense once again has to bail out a struggling offense. If the nation hadn't taken notice of defensive end Jeremy Jarmon at this point, they will after this game. A multi-sack performance gives Jarmon four sacks for the year.

### Western Kentucky

Date: Sept. 27  
Result: UK 38, Western Kentucky 17  
Record: 4-0

**Fearless prediction:** The offense finally finds its groove just in time for a showdown with Alabama the following week. After a relatively quiet first three games, Dicky Lyons Jr. begins to settle into the No. 1 receiver position, catching a season-high two touchdown passes. Mike Hartline also puts together his first solid game from start to finish. Sitting at 4-0 against one of the easiest schedules in the nation, UK remains one of the country's biggest question marks.

### at Alabama

Date: Oct. 4  
Result: Alabama 35, UK 20  
Record: 4-1

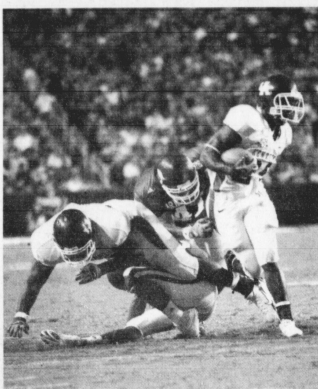
**Fearless prediction:** Talk about a rude awakening.

### at Mississippi State

Date: Nov. 1  
Result: Mississippi State 17, UK 13  
Record: 5-4



FILE PHOTO BY ED MATTHEWS | STAFF  
Defensive back Calvin Harrison upends a Georgia receiver in Athens.



FILE PHOTO BY ED MATTHEWS | STAFF  
UK running back Alfonso Smith breaks through a hole in the Arkansas defense during UK's win in Fayetteville in 2007.

That's what UK gets when it faces its toughest opponent of the year so far. The Cats come in unproven and untested, and the Crimson Tide more importantly the 90,000 screaming fans at Bryant-Denny Stadium in Tuscaloosa, Ala., expose them. Despite the 4-1 start, the young Cats haven't learned how to win on the road, especially against some of the nation's best teams.

### South Carolina

Date: Oct. 11  
Result: South Carolina 17, UK 16  
Record: 4-2

**Fearless prediction:** Trailing 10-0, Steve Spurrier flips his visor upside down and turns it backwards in what can only be described as his version of the rally cap. And it works. Let's face it, the man can pull a rabbit out his hat when it comes to playing — and beating — UK. He'll escape Lexington yet again with a victory — the man has never lost to the Cats — despite being outplayed... OK, maybe I went a little too far with the vitor thing, but you get the point.

### Arkansas

Date: Oct. 18  
Result: UK 23, Arkansas 21  
Record: 5-2

**Fearless prediction:** All the talk will be about Bobby Petrino returning to the Bluegrass, but it'll have absolutely zero effect on the game itself. Without Darren McFadden and Felix Jones, the Razorbacks will struggle in 2008, and UK will do just enough to get within one game of bowl eligibility. Getting that all-important sixth win won't come so easily.

### at Florida

Date: Oct. 25  
Result: Florida 41, Kentucky 14  
Record: 5-3

**Fearless prediction:** Suddenly things aren't looking so good. Tim Tebow can have that effect. The favorite to win back-to-back Heisman trophies torches what has been a stingy UK defense. He throws for three scores, runs for another, and all but makes the Cats' defense look like a fraud. Questions begin to swirl in Lexington about the heart of the team.

### Other fearless predictions...

■ By season's end, Derrick Locke will not only be the starter at tailback, he'll be the offense's best player.  
■ Jeremy Jarmon's junior season will be one of the program's all-time best, and his final in blue and white. He'll transform a preseason All-SEC second-team selection into a second-round pick in the 2009 NFL Draft.  
■ The SEC, the nation's best conference, will not have a team with less than two losses. Every team is too tough for a school to make it un-schated.  
■ Ohio State will make the BCS National Championship for a third straight season (go ahead, complain) and will defeat the Oklahoma Sooners.

**Fearless prediction:** It might be between their two toughest opponents of the year, but you can bet the Cats have this one circled on their calendars after falling flat and losing on Homecoming last year. Yet, it won't matter. Sylvester Croom's club will be even better in 2008, and this one will be far from an upset. Expect a few changes to the sluggish offense for the big showdown with the Bulldogs.

### Georgia

Date: Nov. 8  
Result: Georgia 34, UK 26  
Record: 5-5

**Fearless prediction:** Not the blowout that one would expect in facing the preseason No. 1 team. Consider me a believer of Georgia's overall talent. But I'm not buying Matt Stafford. He has yet to show any long-term consistency in his career, and this game is just another example. Three costly turnovers puts UK in front for most of the game until a furious comeback by Knowshon Moreno and Co. stuns the Cats in the fourth quarter.

### Vanderbilt

Date: Nov. 15  
Result: UK 23, Vanderbilt 6  
Record: 6-5

**Fearless prediction:** In a battle to stay out of the SEC East cellar, UK dismantles the Commodores from start to finish. It's just Vandy, but the win is an obvious breath of fresh air after the brutal mid-season schedule. Although he's at times shaky, Hartline at this point has proven to be a more than feasible starting college quarterback.

### at Tennessee

Date: Nov. 29  
Result: Tennessee 24, UK 7  
Record: 6-6

**Fearless prediction:** I just don't see it happening in Knoxville, Tenn. The days of the streak are numbered, but the Cats are still a year away from knocking Rocky Top from its perch. A 6-5 regular season obviously doesn't carry the same excitement as the previous two seasons, but the future appears bright for the Cats. In the end, UK's conference record doesn't look pretty, but for the first time in nearly 60 years, the Cats make a bowl game for a third straight season.



UNIVERSITY OF KENTUCKY RESEARCH

## Small Pox Vaccination: Healthy Volunteers Needed for Study

The faculty and staff of the University of Kentucky Division of Infectious Disease are recruiting volunteers for a research study that will involve the use of small pox vaccine.

### You may be eligible to participate if you:

- are in good health and/or;
- have a diagnosis of atopic dermatitis or have a past diagnosis of atopic dermatitis; and
- are between the ages of 18 and 40 and have never received a small pox vaccination.

Qualified participants will receive, at no cost, study-related care and will be compensated for participation. For more information, please e-mail baplum0@uky.edu or call (859) 257-5467 or (800) 365-2470.



www.UKclinicalresearch.com

UNIVERSITY OF KENTUCKY RESEARCH

## Heavy Drinkers of Alcohol Needed for Drug Delivery Research

Researchers with the University of Kentucky College of Pharmacy, Department of Pharmacy Practice and Science are recruiting volunteers who are heavy drinkers of alcohol and not seeking treatment in an alcoholic treatment center to participate in a research study to evaluate behavior and brain function in heavy drinkers of alcoholic beverages. Brain images will be taken by MRI while images and tastes of alcohol are administered to you. You will be asked to rate your craving for an alcoholic beverage.

### You may be eligible for this study if you:

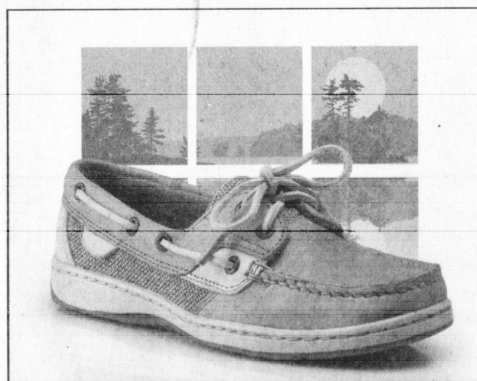
- are an adult between 21 and 75 years old
- do not have any metal objects in your body
- do not use narcotics
- are able to refrain from drinking alcohol for 24 hours

Qualified volunteers will be compensated for their participation. A free medical exam to determine eligibility will be provided. The study will require four clinic visits over three to six weeks and will total 12-15 hours of your time.

The research will be conducted in the Clinical Research Development and Operation Center (CR-DOC) unit located on the 5th floor of the hospital and the CR-DOC Outpatient Unit located on the 2nd floor of the UK Clinic.

Research Investigator is Dan Wermeling, PharmD, for more information please contact Justin Perry at (859) 323-2737.

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A3

## New faces don't diminish intensity in rivalry

By Kenny Colston  
kcolston@kykernel.com

Rich Brooks doesn't care about the annual matchup against rival Louisville.

Taken out of context, that's what UK's head coach sounds like when he talks about Sunday's game against the Cardinals. But in reality, Brooks just doesn't think much of the game in reference to the rest of the season.

"Two years ago we got smoked and still went to the Music City Bowl," Brooks said in a news conference on Tuesday. "We had an exciting win last year and had the same results."

OK, maybe he's a little bit more concerned about the game than he's letting everyone else know, but ultimately he's more concerned with how his team holds up over the course of the entire season.

"It's important to get out of the blocks well," Brooks said. "It's important to win from the rivalry, but winning or losing won't decide the season. I like our chances of a good year after a win rather than a loss though."

With both teams having lost most of their offensive firepower — Brian Brohm, Anthony Allen and Harry Douglas for Louisville and Andre Woodson, Steve Johnson and Rafael Little for UK, among others, are gone

— the matchup remains a mystery heading into Sunday.

Instead, new faces and inexperienced players make up a good portion of each team. Brooks said he expects to play six or seven freshmen Sunday. Louisville could start at least 10 new faces on both sides of the ball.

What that means for UK, nobody knows.

"That's why I don't sleep very well," Brooks said. "That's coaching. (It's an) interesting deal. For a lot of guys, this is their first real experience of playing or starting in a game. It's on the road, (and it's going to be) noisy. How they respond is key to the game."

With any rivalry game, a win is important for the fans' and players' confidence, but with a daunting Southeastern Conference schedule looming year in and year out, the Cats are looking to win any non-conference game, rivalry or not.

"You want to win as many non-conference games as you can," senior linebacker Braxton Kelley said. "SEC wins are hard to come by, so we need wins to be bowl eligible. It's huge to get this win."

In order to start the year off with a win, UK will likely have to keep Louisville quarterback Hunter Cantwell, the Cardinals' biggest offensive star, in check.

Brooks said he wants to put pres-

sure on Cantwell with his defensive line. Kelley wants to shut down the run game to force Louisville's hand and make the Cardinals pass. In a game where both receiving corps are unknown, the better quarterback could tip the game in his team's favor.

"(Cantwell) has a big arm, is a prototype NFL guy," Brooks said. "He's the most experienced QB in the game. (It's) always important to pressure, to mix it up and not give him time to pass."

Louisville lost leading wide receiver Scott Long to injury, Jajuan Spillman was kicked off the team and Trent Guy is recovering from a gunshot wound he suffered at a nightclub altercation during the offseason. That leaves sophomore Doug Beaumont and 6-foot-8 wide receiver Joshua Chichester as Louisville's most notable receivers.

On the other hand, UK has senior Dicky Lyons Jr., then a basket full of questions marks at the same position.

"I'm confident in their ability," Brooks said of his inexperienced wide receivers. "Am I confident they will catch every ball? That's why we play the game."

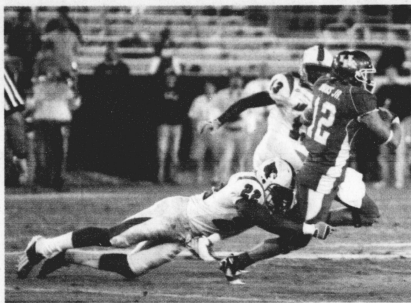
With a new defensive coordinator, Ron English, Louisville will also show schemes that UK's offensive line isn't used to, putting protection on sophomore quarterback Mike Hartline a priority.

"I think there's a lot of pressure on the offensive line to protect our QB," junior offensive guard Zipp Duncan said. "Also, anytime you can run the ball you're able to take pressure off your QB, too."

Brooks said he suspects Louisville will try to establish a running game early behind its big offensive line. And if UK hopes to win, it'll likely do the same. Historically, the team that rushes the ball better wins the game. If UK hopes to win at Louisville for the first time since 2002, the Cats' stable of running backs will need to show up.

"There's not a lot of pressure," senior running back Tony Dixon said. "We just have to go prove ourselves. We have the best four running backs in the SEC and we have to prove that."

And while Brooks may downplay the importance of the Louisville game, some of UK's players are not. "This is a big game for us," Duncan said. "Big rivalry. I'm really looking forward to the game."



Senior wide receiver Dicky Lyons Jr. tries to wrestle away from a Louisville defender last year. The Cats won 40-34 in Commonwealth Stadium.

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# New team, same dream

**With young players stepping into big roles, Cats still focus on capturing SEC crown**

By Kenny Colston  
kcolston@kyjournal.com

Two years ago, the expectations around UK's football team were low. Losing seasons during probation, the rise of rival Louisville and the increasing competition in the Southeastern Conference had simply making it to a bowl game the top priority for UK head coach Rich Brooks. Two years later, with back-to-back Music City bowl wins and 8-5 seasons, not much has changed.

"We absolutely have the same goals," Brooks said. "We have a team that can get to a bowl. We have enough quality athletes and talent that a bowl is a realistic goal."

A lot of pre-season talk has centered around what UK has lost — Andre Woodson, Jacob Tammie, Wesley Woodyard and others — but Brooks is confident in what he has returning. While National Football League-quality athletes have finished their eligibility at UK, Brooks thinks other NFL-quality

players are waiting in the wings.

"I don't think last year will be the only year we have multiple players drafted," Brooks said.

A far cry from just two years ago, when Brooks was starting to get warm on the coaching hot seat and Woodson and Co. were relative unknowns. Wins over Georgia in 2006 and Louisiana State and Florida State last season raised the Cats profile while consecutive bowl wins in Nashville helped UK become more than just a blip on bowl committees' radar. Freshmen and incoming recruits talk about winning championships and bowls. The upperclassmen talk too.

"I expect nothing less than an SEC championship," junior guard Zipp Duncan said. "And a bowl game. The guys before us set a good foundation."

That foundation isn't new territory for the entire UK program, just the Brooks Era. The Cats went to back-to-back bowl games

during the early 1950s. They made the consecutive trips again in the 1970s. But eventually those teams fell back to mediocrity, something this UK team hopes to avoid.

"I want to win more games than last year," junior corner Trevard Lindley said. "Go to a better bowl and win SEC championships."

A championship may be the goal, but the titles still run through southern cities like Gainesville, Fla., Baton Rouge, La., and Athens, Ga. Alabama, Auburn and Tennessee contend in the annual SEC championship picture as well. It's a tough slate to run through, and every win out of conference means a step closer to bowl eligibility. That's why the Cats put so much emphasis on their highest profile non-conference game against Louisville.

"It's a huge game for us," Duncan said. "Everyone looks at us as underdogs, but we hope to go out and just play."

The in-state battle is the closest thing the Cats have to a rivalry. Fans and players consider Tennessee a rival, but with the Cats long string of consecutive losses against

the Volunteers, Louisville gets the nod as the major rivalry game every year.

"It feels different playing in such a big rivalry game," senior tackle Garry Williams said. "It feels great. We're focused and intense because we want to come out and knock them off the ball."

But past results were grounded in the play of Woodson, Woodyard and Tammie. The players who have replaced them — Mike Hartline, Braxton Kelley and T.C. Drake — do not yet carry the same weight. If there's one thing the new class has over the old, it's the opportunity to sustain early season success. Last year the Cats started off 5-1, with victories over two top-10 teams before sliding to a 3-4 finish. With expectations of the new sticking with the expectations of the old, sliding to the finish isn't acceptable for this year's squad.

"We want to finish where we started last year," Williams said. "We don't want to tail off at the end of the year this time. We're playing for an SEC Championship."

**"I expect nothing less than an SEC championship. And a bowl game. The guys before us set a good foundation."**

— Zipp Duncan, a junior offensive guard, on his expectations for the 2008 season

**The past two years were fun, but now it's time to move on**

They were two seasons we'll never forget. Two seasons that transformed the attitude, perception



**ERIC LINDSEY**  
Kentucky columnist

and belief of a program. Two seasons that made Kentucky a winner.

To be blunt, 2006 and 2007 were special — two of the most successful seasons in UK football history.

Football's version of the Unforgettable — Andre Woodson and Co. — met and topped just about every barrier that surrounded the program in football purgatory.

They beat the once unbeatable, climbed the once unreachable polls and made football matter in a state that, to be quite honest, didn't care about the pigskin once Rupp Arena opened its doors every November.

But now they're gone.

With just about every achievement and milestone short of a Southeastern Conference title in their back pockets, the main cogs of both those squads have graduated and gone on to bigger and better things, most notably NFL careers.

And without them, this year's team of forgettables — quick, name five players not named Dicky Lyons Jr., Mike Hartline or Jeremy Jarmon — now carries the honor/burden of taking the next step.

With more question marks than answers and without any real identity, this year's team will be expected to keep the program moving in the right direction. They'll carry the daunting task of topping two seasons that just can't be topped.

So how do you do that? How do you move forward without the people that meant so much to the change in perception of the program?

The first thing to do is to forget the past. Forget Woodson's uncanny ability to throw four touchdowns on any given day. Forget Steve Johnson's highlight reel of game-changing plays. And forget Wesley Woodyard's 15-tackle games.

They're not coming back. And if people try to compare this year's crop of players to those past stars, they're going to find disappointment around every corner. That's not saying this year's team is any better or worse, but to compare a young and inexperienced team to two of most storied years in UK annals is unfair and unreasonable.

And to forget the past, you have to embrace your new leaders.

Rich Brooks has found a new quarterback who has said and done

all the right things (Mike Hartline) while getting rid of one who said and did all the wrong ones (Cur-

tis Pulley). He's established a wealth of home-run hitters in his backfield (Derrick Locke, Tony Dixon, Alfonso Smith and Moncell Allen) and has finally put together a defense worth watching.

But the final, and ultimately the most important step in moving forward, is to just win, baby.

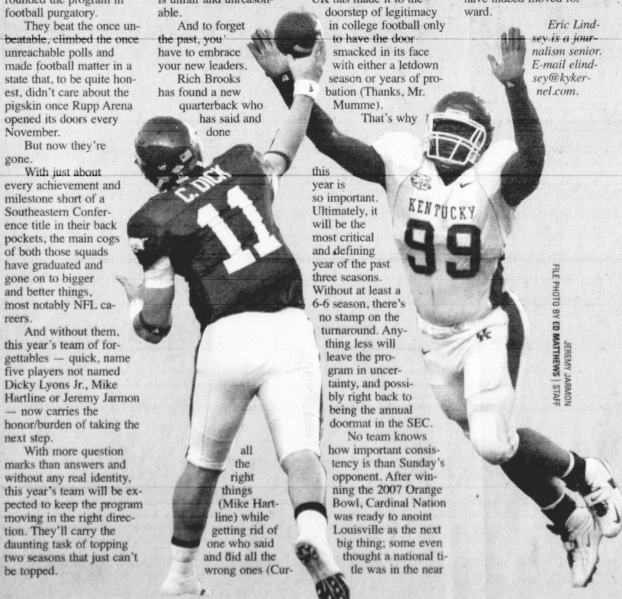
"It's very important (we keep winning)," junior defensive end Jeremy Jarmon said. "I've said once before that if we don't go to a bowl game this year, I think it'd be a disappointing season."

Spot on, Jeremy. Because if the Cats don't win this year, they're right back where they were two years ago. That's just the nature of college football, and of more relevance, UK's history. All too often, UK has made it to the doorstep of legitimacy in college football only to have the door smacked in its face with either a letdown season or years of probation (Thanks, Mr. Mumme).

That's why this year is so important. Ultimately, it will be the most critical and defining year of the past three seasons.

Without at least a 6-6 season, there's no stamp on the turnaround. Anything less will leave the program in uncertainty, and possibly right back to being the annual doormat in the SEC.

No team knows how important consistency is than Sunday's opponent. After winning the 2007 Orange Bowl, Cardinal Nation was ready to anoint Louisville as the next big thing; some even thought a national title was in the near



FILE PHOTO BY ED MARTINEZ/SIERRA

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A5



# Preview

Home of the country's past two national champions - Florida and Louisiana State - the Southeastern Conference is again headlined by two teams firmly planted in the national title hunt. This year, it's Florida and Georgia, but for a conference that sent nine teams to bowl games in 2007-08, it's again the depth of the league that makes the SEC one of the nation's best.

Here's our guess at how the teams will finish in 2008.

## EAST

### Florida Gators

**Head coach:** Urban Meyer (31-8 in three seasons at Florida)

**Last season:** 9-4, 5-3 SEC; lost to Michigan in Capital One Bowl

**Why they'll win the SEC:** Two words define Florida's contention for the national title: Tim Tebow. The Heisman Trophy winning quarterback returns to lead another potent offense that also includes running back/wide receiver Percy Harvin, a prolific athlete that fits perfectly into Meyer's spread offense. The Gators suffered a loss when All-SEC tight end Cornelius Ingram was lost for the season with a knee injury, but they still have more offensive talent than any team in the league.

**Why they won't:** Injuries. Ingram is already out, and Tebow's reckless style of football puts the Gators in a precarious position: while Tebow's style makes him vulnerable to injury, it's also the key to their success. If Tebow stays healthy, Florida is arguably the best team in the conference. If he gets hurt, it may be enough to knock the Gators off the perch atop the league.

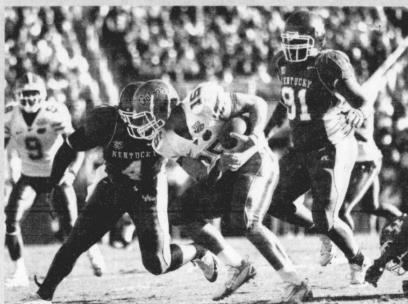
### Georgia Bulldogs

**Head coach:** Mark Richt (72-19 in seven seasons at Georgia)

**Last season:** 11-2, 6-2 SEC; defeated Hawaii in Sugar Bowl

**Why they'll win the SEC:** Richt may have his most talented team yet at Georgia. No returning running back in the SEC rushed for more yards than Knowshon Moreno's 1,334 last year, and Matt Stafford is the best pure quarterback in the SEC. It's hard to even worry about the Georgia defense, which is always tough and physical under Richt. The Dawgs return nine starters on a defense that allowed only 20.2 points per game last year.

**Why they won't:** Georgia is the preseason favorite to win the national title, but the Dawgs have probably the toughest schedule in the nation. They have road games at South Carolina,



FILE PHOTO BY ALAN GARZA | STAFF  
UK defensive lineman Corey Peters, right, looks on as linebacker Micah Johnson prepares to hit Florida quarterback Tim Tebow during UK's loss to the Gators in 2007.

Arizona State, LSU, Kentucky and Auburn - none of which are pushovers - plus a meeting with Florida on a neutral site. It'd be tough to find a tougher four-week period for any team than Georgia's stretch against LSU, Florida, Kentucky and Auburn, none of which are at home.

### Tennessee Volunteers

**Head coach:** Phil Fulmer (147-45 in 16 seasons at Tennessee)

**Last season:** 10-4, 6-3 SEC; defeated Wisconsin in Outback Bowl

**Why they'll win the SEC:** Just as they did last year, the Vols may be able to sneak their way to the SEC East crown. While Florida and Georgia stole headlines, Tennessee played steady and squeaked out a win at Kentucky to capture the SEC East crown via tiebreaker.

**Why they won't:** The big question for Tennessee is at quarterback. Erik Ainge is in the NFL after spending his UT career as one of the SEC's top passers. Jonathan Crompton is the new starter, but he's a question mark himself. He's

The following are the projected final standings for each team in the Southeastern Conference, as predicted by the Kemet sports staff.

had two surgeries to his throwing arm since arriving at UT, and he's adjusting to new offensive coordinator Dave Clawson. If Crompton can lead the new pro-style offense, the Vols can contend. If not, they'll struggle.

### South Carolina Gamecocks

**Head coach:** Steve Spurrier (21-16 in three seasons at South Carolina)

**Last season:** 6-6, 3-5 SEC; no bowl

**Why they'll win the SEC:** The offensive guru has given up his duties. Spurrier announced earlier this year that he wouldn't be calling plays after watching the Gamecocks struggle on offense for multiple seasons. His son is now calling the plays, and the change of pace may help South Carolina find its stride on the offensive side of the ball. The younger Spurrier will have wide receiver Kenny McKinley, who had 77 catches and nine touchdowns in '07, to help.

See East on page A6

## WEST

### Auburn Tigers

**Head coach:** Tommy Tuberville (80-33 in nine seasons at Auburn)

**Last season:** 9-4, 5-3 SEC; defeated Clemson in Chick-Fil-A Bowl

**Why they'll win the SEC:** It's the Auburn way. Run between the tackles and play physical on defense. It's good ol' bloody your nose football. Only it's not the Auburn way anymore. New offensive coordinator Tony Franklin installed a fast-paced spread offense that should minimize the loss of quarterback Brandon Cox and wreak havoc in the physical SEC West. Plus, the Tigers will again boast one of the country's top defenses.

**Why they won't:** Is the offense enough? Auburn's offense, one of the worst nationally in passing offense and total yards, limited it last year. Franklin, a former UK coach, was a solid hire with new ideas, but will they work? Neither quarterback in contention for the starting spot is proven, and installing a new offense is never easy. It could be Auburn's downfall, or it could produce outstanding results, as Urban Meyer's offense did in his second season at Florida when the



FILE PHOTO BY BRAD LUTTRELL | STAFF  
UK linebacker A.J. Nance stops LSU kick returner Trindon Holliday early in UK's 43-7 victory over the Tigers in 2007.

Gators won a national title.

### LSU Tigers

**Head coach:** Les Miles (34-6 in three seasons at LSU)

**Last season:** 12-2, 7-2 SEC; defeated Ohio State in BCS National Championship Game

**Why they'll win the SEC:** The Bayou Bengals still have a ton of talent on defense. Sure, All-American defensive tackle Glenn Dorsey is gone, but now they have Ricky Jean-Francois, another stud D-Line-man. LSU will still play the one style of football it knows how to play: fast. Keiland Williams and

Trindon Holliday give the Tigers speed in the backfield and return game, and the defense is always among the fastest, most physical group in the country.

**Why they won't:** They have to replace a lot of talent. Quarterback Ryan Perrilloux was dismissed after landing on Miles' bad side multiple times. Hard-nosed running back Jacob Hester is gone, as is game-breaking wide receiver Early Doucet. Former All-American Dorsey and All-American Smith are gone off the defense. The Tigers have the talent to win the SEC; the question is if they have the experience.

See West on page A6

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**EAST**

Continued from page A5

**Why they won't:** The offensive gum has given up his duties. Whether Carolina has struggled or not, Spurrier is still one of the few offensive geniuses in college football. Can Steve Spurrier Jr. live up to his dad's expectations? And even more important, can the Spurriers find a quarterback and stick with him? Chris Smelley and Tommy Beecher split time last year, but neither played with the confidence needed to win big games in the SEC.

**Kentucky Wildcats**

**Head coach:** Rich Brooks (25-35 in five seasons at UK)  
**Last season:** 8-5, 3-5 SEC; defeated Florida State in Music City Bowl

**Why they'll win the SEC:** For the first time in a long time, UK will rely on its defense to win football games.

Defensive end Jeremy Jarmon and defensive back Trevor Lindley are two of the league's top players at their respective positions, and even with the loss of All-SEC linebacker Wesley Woodyard, defensive coordinator Steve Brown has his deepest line-backing corps yet.

**Why they won't:** The offense is suspect. New quarterback Mike Hartline is unproven, and though UK boasts a deep backfield — as many as five running backs could see significant carries — the wide receiving unit is unproven outside of Dicky Lyons Jr., who's spent his first three seasons in the shadows of Keenan Burton. After spending two years among the top offenses in the SEC, it'll be an odd adjustment to see a UK team that may struggle to score.

**Vanderbilt Commodores**

**Head coach:** Bobby Johnson

(20-50 in six seasons at Vandy)

**Last season:** 5-7, 2-6 SEC; no bowl

**Why they'll win the SEC:** It's hard to find any positives in spending the season in last place, but Vandy managed to do it. Playmaker Earl Bennett is gone to the NFL, but the 'Dores were nearly bowl eligible in 2006, and like Kentucky before them, they're eager to take the next step.

**Why they won't:** The offense is miserable. Quarterbacks Chris Nickson and Mackenzi Adams have shown promise, but neither has done enough to earn the starting job. No running back on the roster has ever rushed for more than 450 yards in a season. All five starters from the offensive line are gone. And Bennett, the biggest offensive weapon from a year ago, is gone. As is their M.O. under Johnson, the Commodores won't be a pushover in any SEC game, but they won't be a contender either.

**WEST**

Continued from page A5

**Mississippi State Bulldogs**

**Head coach:** Sylvester Croom (17-30 in four seasons at Mississippi State)  
**Last season:** 8-5, 4-4 SEC; defeated Central Florida in the Liberty Bowl

**Why they'll win the SEC:** In 2006, Kentucky won its first bowl game in two decades and followed that up by starting the 2007 season 5-0 and vaulting into the top 10. MSU's '07 season mirrored UK's '06, and Croom is hoping the Bulldogs can start as fast as UK did last year. If the defense continues to improve, MSU could make waves in the West.

**Why they won't:** MSU will likely go bowling again, but it'll take too much improvement to actually win the league. The offense was last in the conference in '07, even with talented running back Anthony Dixon and quarterback Wesley Carroll. The defense was a mid-level unit in the conference. The Bulldogs will have to improve on both sides of the ball to be more than an upset special in 2008.

**Arkansas Razorbacks**

**Head coach:** Bobby Petrino (first season at Arkansas)  
**Last season:** 8-5, 4-4 SEC; lost to Missouri in Cotton Bowl

**Why they'll win the SEC:** Good luck finding a way. Unless the offense is a complete surprise and the defense shocks everyone,

Arkansas will limp through the 2008 season. The good news: Michigan transfer Ryan Mallett will be a huge help at quarterback in 2009. The bad news: that's not soon enough. Still, Petrino isn't one to lose, and the program isn't completely devoid of talent. Arkansas won't be great or even good, but the Hogs won't go down without fighting either.

**Why they won't:** Even an offensive genius like Petrino will struggle with this group. The Hogs lost running backs Darren McFadden and Felix Jones, two of the top backs in the country. Quarterback Casey Dick hardly fits the Petrino mold, and after two years of running the WildHog formation, Arkansas isn't equipped to run Petrino's pro-style offense the way it was run at Louisville.

**Ole Miss Rebels**

**Head coach:** Houston Nutt (first season at Mississippi)

**Last season:** 3-9, 0-8 SEC; no bowl

**Why they'll win the SEC:** A quick look at the SEC's Web site tells you that the Rebels are the favorite to win the conference. After all, 28 percent of fans think it's Ole Miss's year. But no matter how hard Rebel fans try to rig online polls, it won't happen. Nutt is an upgrade on the sidelines, and Texas transfer Jevan Snead should be a solid option at quarterback. But there's little else to get excited about for the Rebels this year.

**Why they won't:** There just isn't enough talent. Opponents outscored Ole Miss by more than a touchdown a game in 2007, and a rushing defense that allowed nearly 200 yards a game and 25 touchdowns last season will still struggle.

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A7

## 8 FOR '08: KEY CONTRIBUTORS

### Dicky Lyons Jr.

**Class:** senior  
**Position:** wide receiver  
**Height:** 5'11 **Weight:** 190  
**Hometown:** New Orleans  
**2007 Stats:** 56 catches, 655 yards, seven touchdowns  
**Career Stats:** 108 catches, 1,488 yards, 16 touchdowns.  
**Why Lyons matters:** As the oldest and most experienced wide receiver, the weight is on Lyons shoulders to carry the aerial attack of the offense. If he succeeds, so will UK's passing attack.



### Kyrus Lanxter

**Class:** sophomore  
**Position:** wide receiver  
**Height:** 6'2 **Weight:** 193  
**Hometown:** Alcoa, Tenn.  
**2007 Stats:** one catch, six yards, no touchdowns  
**Career Stats:** same as 2007.  
**Why Lanxter matters:** As a freshman, he was compared to former star wide out Keenan Burton. If he becomes half the player this season that Burton was during his career at UK, it will go a long way in alleviating some of the pressure placed on the Cats' passing attack.

### Mike Hartline

**Class:** sophomore  
**Position:** quarterback  
**Height:** 6'6 **Weight:** 204  
**Hometown:** Canton, Ohio  
**2007 Stats:** 4-6, 34 yards, one interception, no touchdowns  
**Career:** same as 2007  
**Why Hartline matters:** Because eventually teams will stack eight or nine players in the box to stop UK's run attack. That's when Hartline will need to step up and throw the ball efficiently in order to move the Cats' offense.

### Derrick Locke

**Class:** sophomore  
**Position:** running back  
**Height:** 5'9 **Weight:** 180  
**Hometown:** Hugo, Okla.  
**2007 Stats:** 94 carries, 521 yards, five touchdowns, seven receptions, 86 yards.  
**Career:** same as 2007  
**Why Locke matters:** The X-factor in UK's running game last year will have more defensive coordinators scheming against him this year. If he can rise above that, UK's running attack will be better than advertised.

### Jeremy Jarmon

**Class:** junior  
**Position:** defensive end  
**Height:** 6'3 **Weight:** 277  
**Hometown:** Collierville, Tenn.  
**2007 Stats:** 62 tackles, 13.5 tackles for loss, nine sacks, one fumble recovery, two forced fumbles  
**Career Stats:** 92 tackles, 20 for loss, 13 sacks, two fumble recoveries, and three forced fumbles.  
**Why Jarmon matters:** The anchor of the defensive line. The more runs Jarmon disrupts and quarterbacks he sacks, the easier things are going to be on the linebackers and secondary. If he doesn't do those things, UK's defense will likely struggle.

### David Jones

**Class:** senior  
**Position:** defensive back  
**Height:** 5'10 **Weight:** 185  
**Hometown:** Red Jacket, W. Va.  
**2007 Stats:** 11 tackles, no interceptions  
**Career Stats:** 43 tackles, no interceptions, no pass break-ups  
**Why Jones matters:** Trevard Lindley can basically shut down one half of the field himself. That leaves Jones as a wide-open target for offensive coordinators. If he proves to hold his own in coverage, opposing quarterbacks and wide receivers will have trouble getting completions.

### Corey Peters

**Class:** junior  
**Position:** defensive tackle  
**Height:** 6'3 **Weight:** 290  
**Hometown:** Louisville  
**2007 Stats:** 43 tackles, four tackles for loss, 2.5 sacks, and one fumble recovery  
**Career Stats:** 61 tackles, six tackles for loss, 3.5 sacks, one fumble recovery.  
**Why Peters matters:** Jarmon will be double-teamed, as will fellow defensive tackle Myron Pryor. That leaves Peters in one-on-one blocking situations. If Peters can capitalize often, opposing offenses will see a 290-pound monster constantly in the backfield, disrupting any momentum.

### Trevard Lindley

**Class:** junior  
**Position:** defensive back  
**Height:** 6'0 **Weight:** 175  
**Hometown:** Hiram, Ga.  
**2007 Stats:** 66 tackles, three interceptions, 11 pass break-ups, one fumble recovery, two forced fumbles  
**Career Stats:** 118 tackles, five interceptions, 23 pass break-ups, three fumble recoveries, two forced fumbles  
**Why Lindley matters:** The strongest player in UK's defensive backfield. The better Lindley plays, the less opposing quarterbacks can do. A run stopper and good coverage corner, Lindley is expected to shut down half the field. If he does, opposing quarterbacks will be frustrated as they leave the huddle.

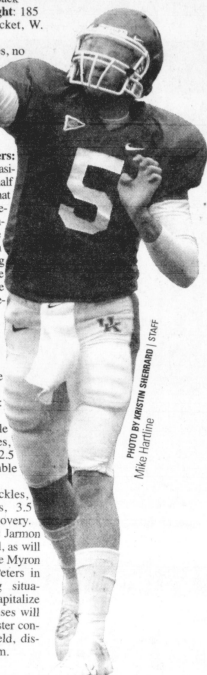


PHOTO BY JUSTIN SHEPARD / Staff  
Mike Hartline

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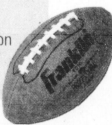
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## krystalball | Picks for Saturday, Aug. 31

### THIS WEEK'S GAMES

- LSU vs. Appalachian State
- Alabama vs. Clemson
- Hawaii vs. Florida
- Washington vs. Oregon
- Tennessee vs. UCLA
- Missouri vs. Illinois



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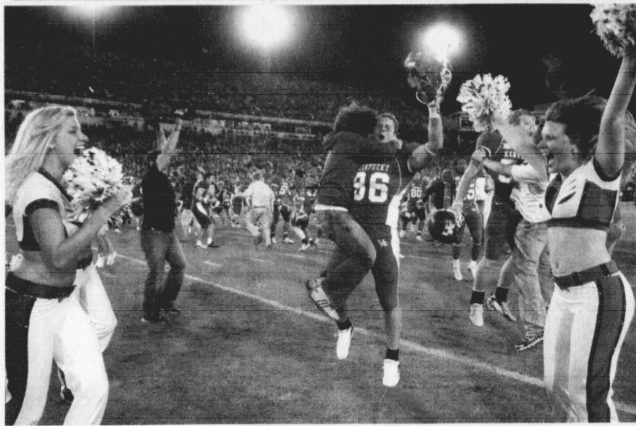
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PAST AND PRESENT



A fan hugs sophomore tight end Ross Bogue after the last-minute win against Louisville at Commonwealth Stadium last year. The win propelled UK to an 8-5 record and another bowl win.

PHOTO BY ELLIOTT HESS STAFF

2008 UK FOOTBALL SCHEDULE

<b>Sunday, Aug. 31</b> at Louisville 3:30 p.m.	<b>Saturday, Oct. 18</b> Arkansas (Homecoming) 7 p.m.
<b>Saturday, Sept. 6</b> Norfolk State 6 p.m.	<b>Saturday, Oct. 25</b> at Florida TBA
<b>Saturday, Sept. 13</b> Middle Tennessee 7 p.m.	<b>Saturday, Nov. 1</b> at Mississippi State TBA
<b>Saturday, Sept. 27</b> Western Kentucky 7 p.m.	<b>Saturday, Nov. 8</b> Georgia 1 p.m.
<b>Saturday, Oct. 4</b> at Alabama TBA	<b>Saturday, Nov. 15</b> Vanderbilt 1 p.m.
<b>Saturday, Oct. 11</b> South Carolina 7 p.m.	<b>Saturday, Nov. 29</b> at Tennessee TBA

\*All times are subject to change based on TV scheduling.



PHOTO BY ED MATTHEWS | STAFF

Fans rush the field after UK's 43-37 win over No. 1 LSU in three overtimes. The upset was the highlight of UK's 2007 season. UK also stormed the field after defeating Louisville.

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# inside UK



AUG 28 2008

## inside UK

A PR Supplement to "The Kentucky Kernel"  
UK's independent student newspaper.

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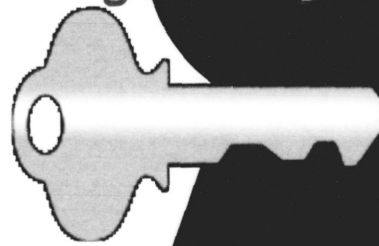
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Living off Campus
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Volunteering
- pg 26: Expand Your Horizons  
Study Abroad

your key to UK



AUG 28 2008

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- EDITING.....jillian rogers and kati tharp
- HEAD COORDINATOR.....alisa oerther
- PHOTOGRAPHER.....jennifer hunt
- STUDENT AD MANAGER.....samantha saracino
- ACCOUNT EXECUTIVES.....megan gadd, emily cox
- ACS.....jen plas, shannon spivey



# WALK-N-TALK:

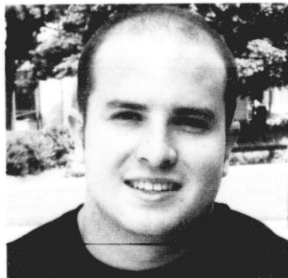
## “What was the best part of your Summer?”

Jennifer Hunt



**Allie Schick**

Communications Junior  
“Getting some good sleep!”



**Will Campbell**

Buisness Junior  
“Going to Hilton Head for a week!”



**Dana Meyers**

Accounting Junior  
“I want to spend the rest of the summer laying by the pool.”



**Kelsey Chastain**

Elementary Education Junior  
“The hockey season!”

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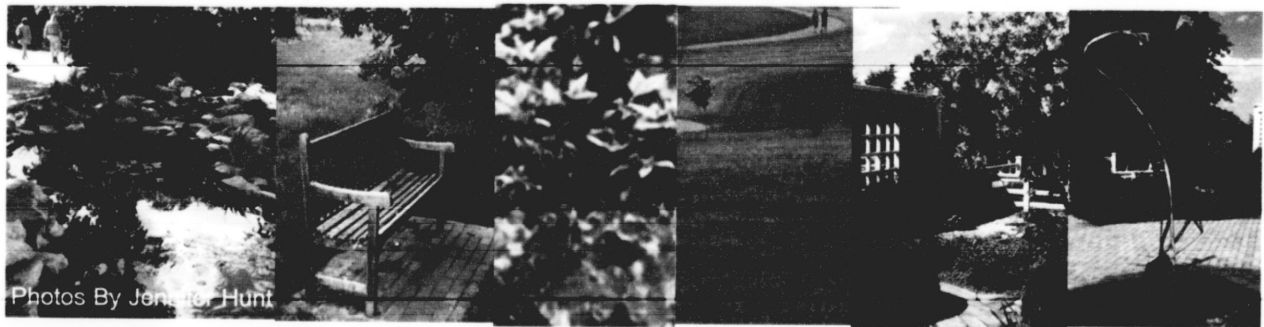


# The Arboretum

UK has a hidden treasure that you definitely want to get acquainted with: The Arboretum. UK and the Lexington-Fayette County Urban Government teamed up in 1991 to develop The Arboretum as a place for UK students and Lexington residents to enjoy nature and embrace the environment.

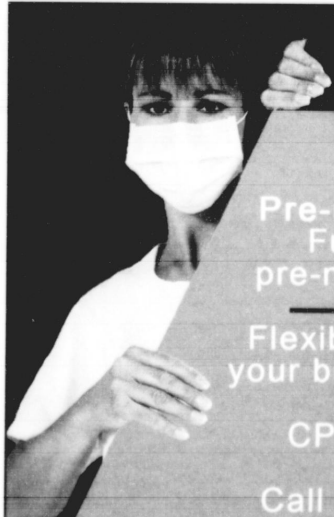
The Arboretum is a state botanical garden with multiple walking trails, gardens, picnic tables and much more. It is a great place to exercise or hang out with friends on a lazy afternoon.

It is located off Alumni Drive and is the home to beautiful landscapes year-round. It is open 365 days a year, from dawn until dusk. And the best part is: It's free!



Photos By Jennifer Hunt

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**UK**  
UNIVERSITY OF  
KENTUCKY  
Office of International Affairs

# ALTER.NET.RIDES

Jennifer Hunt - PR Staff

With record high gas prices, recent tuition increases and the current economic instability, the price of being a UK student has sky rocketed. Although an education and the un-forgettable college experience are said to be priceless, the costs can quickly add up for students living on and off campus.

While living on campus is a great experience, there are many students who choose to commute. These students, as well as employees who commute from their homes everyday, are experiencing rising costs. UK Parking and Transportation Services recognize the struggle that many students and employees face. This is why they now offer a service called AlterNetRides.

AlterNetRides is a ride-matching service for UK, BCTC and VA employees and students. This connects both people who are in need of a ride and people who are willing to provide transportation. Signing up for this free service is as easy as going to the UK Parking and Transportation Services website at [www.uky.edu/Parking](http://www.uky.edu/Parking). All you

need to create an account is a valid e-mail address.

The online service groups you into categories according to your needs: whether you can provide a ride or are in need of one, how often you would like a ride to campus and what area of town you need a ride from.

Once you find a potential match you are given an e-mail address so you can make further arrangements. Your carpooling group will be responsible for splitting costs, however, there are suggestions for dividing fuel costs evenly and efficiently on the UK Parking website.

You can also expand your already existing carpool group by posting it on the website. Although this service connects you with other commuters, you are ultimately responsible for contacting the other riders.

AlterNetRides can also connect those who wish to share a ride to surrounding cities for weekends,

breaks, etc. This is especially convenient for underclassmen that live on campus with no other transportation options.

Alison Preston of UK Human Resources said, "The carpooling service is a useful tool to all UK employees. It's an excellent way to save money and benefit the environment. Like the many other members of the University community now participating in AlterNet Rides, I'm proud to be

part of an effort to reduce the environmental impact of commuting to work each day. If just a small portion of our employees take advantage of this service, it will have a positive impact both on the environment and in terms of fuel cost savings for UK employees."

Carpooling allows students and employees to save money on gas and vehicle maintenance. With fewer cars driving to campus there will not only be more parking available but the spaces will be in more convenient locations. There will

also be less pollution and emissions released in the air with fewer cars on the road.

Chrissie Balding Tune the Marketing/Promotions Specialist for UK Parking and Transportation Services said, "I am very excited about AlterNetRides. It will be helpful to the community and is a great step for UK's green initiatives."

AlterNetRides already has over 120 users. Parking and Transportation services hope to get even more people involved before the Commuter Challenge in the fall in which UK will compete against other schools in who can emit the least CO<sub>2</sub> in a week. This will be judged by the number of car driven by commuters, with the least number being the winner. UK hopes this will increase awareness of UK's green initiative and encourage students and employees to take responsibility for their environmental outputs.

For more information visit the Parking and Transportation website at [www.uky.edu/Parking](http://www.uky.edu/Parking).



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# SPECIAL EVENTS CALENDAR

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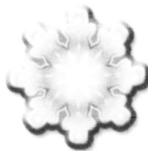
September 25  
**Bluegrass Festival**  
5pm—8pm  
Haggin Field



October 28  
**Pumpkin Carving Contest**  
5pm—8pm  
Blazer Café &  
Commons Market



November 20  
**Harvest Feast**  
5pm—8pm  
Commons Market



December 11  
**WINTER FROST**  
5pm—8pm  
Blazer Cafe



January 21  
**Island Getaway**  
5pm—8pm  
Commons Market



January 26  
**CHINESE NEW YEAR**  
5pm—8pm  
Blazer Café &  
Commons Market



February 11  
**Passport to Romance**  
5pm—8pm  
Blazer Café &  
Commons Market



February 24  
**Mardi Gras**  
5pm—8pm  
Blazer Café



April 15  
**Puttin' on the Ritz**  
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November 2008  
**American Road Trip**

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UNIVERSITY OF  
**KENTUCKY**  
Dining Services



AUG 28 2008



# the **BEST** of UK

the best places to find the UK student body (and voted on by the UK student body)

2008

- UK Men's Sport:** Basketball
- UK Women's Sport:** Basketball
- UK Athlete:** Patrick Patterson
- UK Campus Event:** Dance Blue
- UK Greek Event:** Greek Sing
- KY Kernel Writer:** Eric Lindsey
- UK Professor:** DeSantis
- Easy "A" Class:** UK 101
- Music Store:** Best Buy
- Video Store:** Blockbuster
- Book Store:** Kennedy's
- Health Club:** Johnson Center
- Place to Go on a First Date:** Movies
- Grocery Store:** Kroger
- Women's Clothing Store:** General Eccentric
- Late Night Restaurant:** Tolly Ho
- Coffee House:** Starbucks

- Billy's : **Barbecue**
- McDonald's : **Fast Food**
- Olive Garden : **Italian Restaurant**
- Rincon : **Mexican Restaurant**
- P.F. Changs : **Oriental Restaurant**
- Jimmy John's : **Sandwich Shop**
- Two Keys : **Bar**
- Main Street : **Place to Dance**
- Cat's Den (Student Center) : **Place to Play Pool**
- The Dame : **Place to Hear Live Music**
- Jonathon Webb /Jonathon's Machete : **Local Band (tie)**
- 104.5 the Cat : **Radio Station**
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- Great Clips : **Hair Salon**
- SunTan City : **Tanning Salon**
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# 2008 Home Football Schedule

**SEPT 6:**

Norfolk St.

**SEPT 13:**

Middle Tennessee

**SEPT 27:**

Western Kentucky

**OCT 11:**

South Carolina

**OCT 18:**

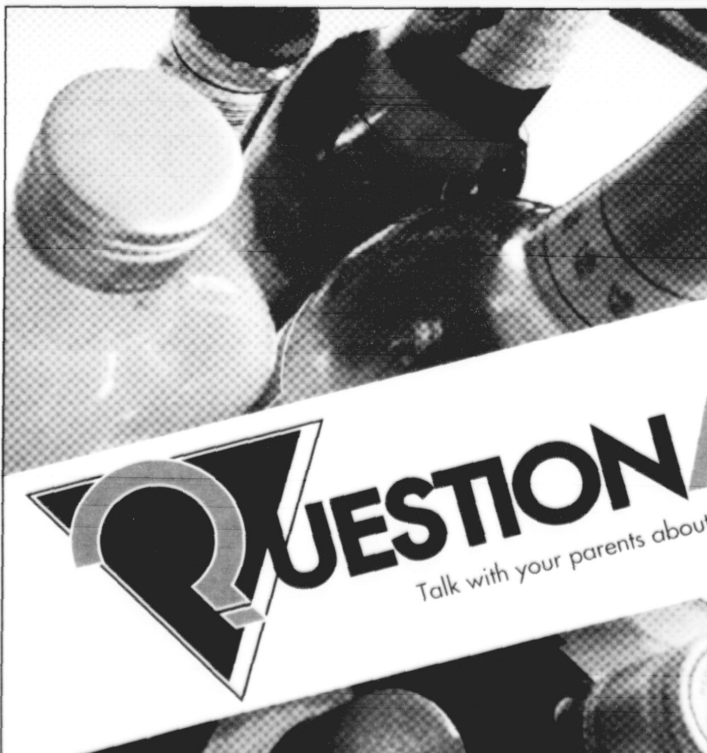
Arkansas

**Nov 8:**

Georgia

**Nov 15:**

Vanderbilt



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# THE LOUDER PART OF THE LIBRARY

Jen Juliano- PR Staff

I don't like being quiet. I use to get sneezing fits in church when I was younger because I couldn't sit there and just be quiet. For that reason, I don't like the library because you have to be quiet. I can't get anything done when it's too quiet; I work better with some type of background noise. I think that's why I don't mind the Hub because there's always a constant "buzz" in the background and no one cares if you're talking.

The Hub is located in the basement of the William T. Young Library, but it is a completely different environment than the rest of the building. The Hub has huge tables and chairs which are perfect for group projects. There are cubbies with computers and dry erase boards in case you want a secluded area where you and your friends can sit and review for a test. You can have notes and study guides from Blackboard pulled up on the computer while you take full advantage of the white boards to write down notes.

There is also a vending machine area with chips, candy, fruit, muffins, soda and water. The best part is that you won't get in trouble for having a drink out or talking on your cell phone (however sometimes you don't get service and then I wonder where is that Mr. Verizon and his network when you need 'em?).

There is a huge Windows computer lab, and another lab that I have gotten to know far too well: the Mac Lab. Located in the basement of the Hub, the Mac Lab consists of more than two dozen iMacs that all include Adobe Photoshop, InDesign, Illustrator, Flash and many more programs that are incredibly helpful for a wide range of majors.

I have spent countless hours in the Mac Lab working on two advertising executions and have had the Mac Consultant try to save my work when my computer froze more times than I would like to remember. It's nice to have the Mac Consultant there in case anything goes wrong. They can also give you your own username and password because your LinkBlue account won't work on the Macs.

The Hub is the ideal spot in the library when you need to do some verbalized studying. It makes the library seem less uptight because the environment is much more laid back. If I was studying for the MCAT, my first choice would not be to study at the Hub. However, when it comes to reviewing for a big essay test, give me a white board, some markers, a few classmates and an orange Fanta, and outlining an in-depth essay about the history of the English language may not be so bad...then again, it might be.

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Morning Worship.....10:45 a.m.  
Evening Worship.....6:00 p.m.

### Wednesday

Bible Study.....7:30 p.m.

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 Johnson Ceter (859) 257-3928  
 Johnny Print (859) 254-6139  
 UK Police (859) 257-1616  
 KY Utilities 1- 800-981-0600  
 KY American Water (859) 269-2395  
 UK Federal Credit Union (859) 264-4200

Student Activities Board (859) 257-8867  
 Student Government (859) 257-3191  
 Student Center (859) 257-6627  
 Singletary Center (859) 257-1706  
 Registrar (859) 257-3161  
 UK Parking (859) 257-5757  
 Career Center 859-257-2746  
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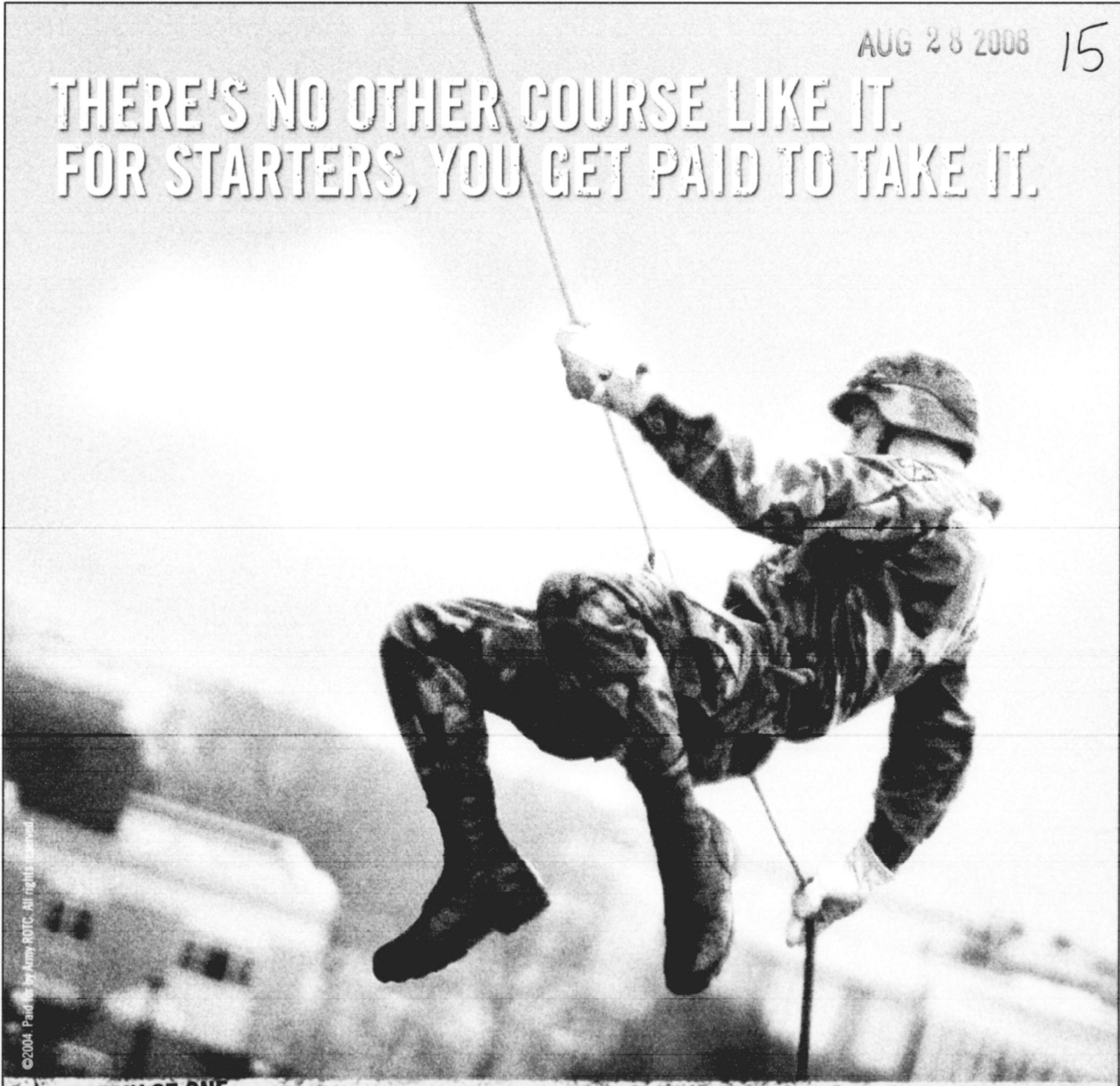
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1. These services, programs or benefits are offered by vendors who are independent contractors and not employees or agents of Aetna. 2. Discount programs provide access to discounted prices and are NOT insured benefits. This is for informational purposes only and is neither an offer of coverage nor medical advice. It contains only a partial, general description of plan benefits or programs and does not constitute a contract. If any discrepancy exists between this pamphlet and the Policy, the Master Policy will govern and control the payment of Benefits. The University of Kentucky Student Health Insurance Plan (the "Plan") is underwritten by Aetna Life Insurance Company (ALIC). The Plan is administered by Chickering Claims Administrators, Inc. Aetna Student Health is the brand name for products and services provided by these companies. Material subject to change.

## Newbies remember to...

1 Buy a UK t-shirt (or two) for football season. You can never wear too much UK blue. GO CATS!

2 Make sure you know where your classes are BEFORE the first day of class. Walking your schedule the day before would be a good idea.

3 Purchase all of your books and school supplies ASAP. The earlier, the better because you might have to wait for books to come in and stores tend to be picked-through after a while.

4 Go get football season tickets before they run out and be sure to go with your friends so you can all sit together.

5 Invest in some rain boots. It rains here, A LOT. You'll be happy that you didn't ruin all of your other shoes while walking to class in the rain.

6 Watch out for cool events that SAB puts on like cheap seat Tuesdays, laughs on the lawn, concerts, etc.

## Veterans don't forget to...

1 Visit all your friends that you haven't seen all summer, it's been a while! Catch up, go out, have a drink and get re-acquainted.

2 Check out the new Awkward Moose bar, it's anything but awkward. It is located right next to Tolly-Ho and has some great drink deals.

3 Get yourself a parking pass if you don't live so close to campus so you won't waste your time trying to find a spot before class.

4 Get involved with something new on campus. A resume booster is always a good thing especially with graduation in the near future.

5 Sell your books back and put some money back in your pocket.

6 Get ready for the famous UK tailgates we've all grown to know and love. Be sure to look your UK best and deck yourself out in Kentucky gear.

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# HIGHLIGHTING K-WEEK

## Friday, August 22

- 9 am-5 pm Residence move in
- 7:00 pm Back to School Bash
- Field Day games and volley ball with free ice cream at Haggin Field
- 9 pm Watch 21 and Semi-Pro
- Blazer Hall with Pizza, Popcorn and free drinks

## Saturday, August 23

- 12 and 2 pm "In Love's Service" at the Worsham Theatre
- 8 pm - 9 pm Big Blue U at Commonwealth Stadium
- Learn UK Cheers and how to be a true blue fan.
- 9 pm - 1 am Campus Ruckus at Commonwealth Stadium
- Enjoy free food and music while meeting new people

## Sunday, August 24

- 8 pm - 12 am Student Center Spectacular
- Music and activities at the Student Center, you can even make music videos

## Monday, August 25

- 9:30 am- 3 pm UK FUSION at Haggin Field
- Volunteer for a day with many other friends at a local organization
- 8 pm - 11 pm Meijer Mania
- Treat yourself to discounted prices and free food!

## Tuesday, August 26

- 4 pm - 8 pm We Are UK
- More free food and music while learning about all of UK students cultures.

## Wednesday, August 27

- First Day of Classes

## Thursday, August 28

- 11 am- 2 pm Student Involvement Fair
- Stop by one your way to classes for information about anything around campus

## Friday, August 29

- Sea of Blue
- Wear your UK colors and get some prizes



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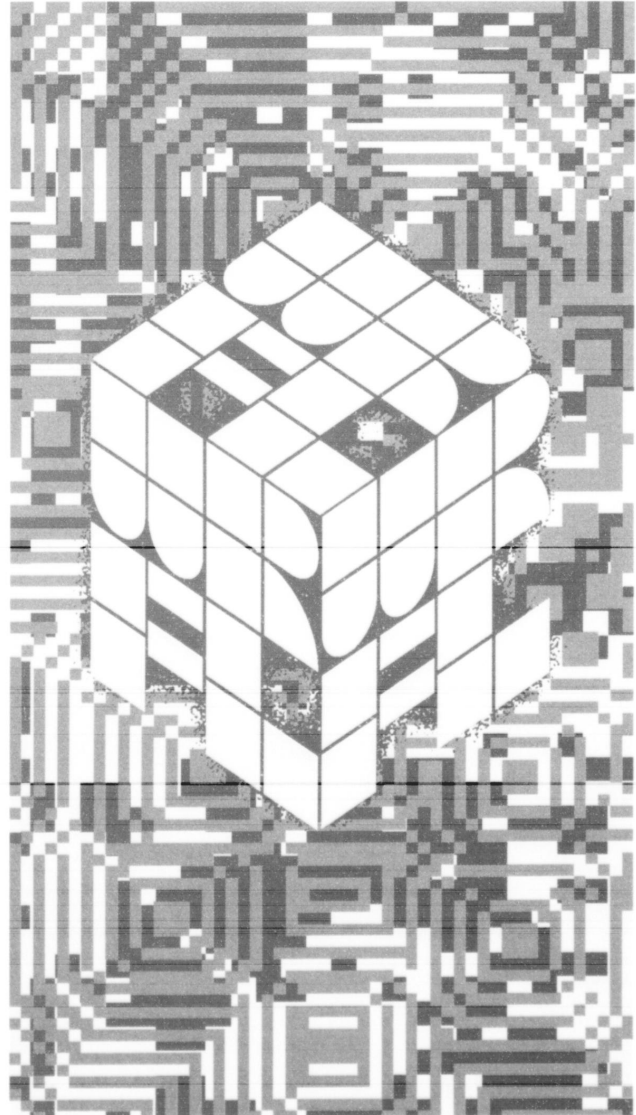
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## IT'S OKAY TO BE AWKWARD

Jillian Rogers - PR Staff

Located next to Tolly Ho, sits a familiar place with a new name. The recently opened Awkward Moose has the potential to be the next hot spot for UK students. It is not only the prime place to be for the thrill and excitement of UK sporting events but it also serves as a relaxing place to meet up with friends and have drink after class or work.

Known as Mr. Moose, owner Jan Muse says that the Awkward Moose is a place where everyone can just be themselves. His slogan, "It's Okay to be Awkward," exemplifies that you can come just as you are. There is no dress code, no expectations, just a draft beer and a Jager Bomb waiting for you.

Praising themselves on being the place to go for game day, they offer drink specials and entertainment. To optimize your game day experience, they added more televisions and offer games and trivia during commercial breaks, time.

outs and haltime. You can also get \$0.25 wings and \$1.50 bottles of domestic beer.

For those of you who believe that teams other than the Kentucky Wildcats exist, you can also enjoy watching those games at the Awkward Moose. They even offer free chili during the first half of Monday Night Football games.

The Awkward Moose, however, is not just your everyday sports bar. On days when people don't drop everything to cheer on the Big Blue, they can

stop by and enjoy the ultra laid back atmosphere. If the convenient location and the friendly staff aren't enticing enough, the nightly drink specials are.

- **Monday**
  - o \$1 Bud and Bud Light
  - o \$3 Shot of the Day
- **Tuesday**
  - o "Bad and a Bomb": Bottle of Bud Light or Bud Select and a Jager Bomb for \$5
- **Wednesday**
  - o \$1 Drafts
  - o \$1 Wells
- **Thursday**
  - o \$5 Pitchers
  - o \$5 Shot of Jager
- **Sunday**
  - o Happy Hour from 9 p.m. to 2:30 a.m.

In addition to their drink specials, three to five nights a week they offer live music and, coming soon,

live trivia. With all of the different specials and events, the Awkward Moose is undoubtedly a place for everyone to hang out.



whether you are a big sports fan, someone just looking for a good time or if you're just down right awkward.

So next time you are deciding where to watch the big game or just where to grab a couple drinks, drop by the Awkward Moose. Currently the summer hours are everyday from 5 p.m. to 2:30 a.m. and starting during the school year they will be open everyday from 11 a.m. to 2:30 a.m. And just remember, "It's Okay to be Awkward."

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# MOVIN' ON OUT

Jennifer Hunt -PR Staff

When I first told my parents that I wanted to live off campus my junior and senior year, my dad's immediate reaction was: Why? I quickly rattled off my well rehearsed parental-appropriate list of reasons why the dorm and I were no longer working out. I needed my own kitchen, I wanted more space, my own bathroom would be nice, I was tired of the noise and if I had to go through one more 5 a.m. fire alarm I was going to go crazy. Although this amused my dad, he continued to ask the dreaded question of where I wanted to live. After my failed attempt to explain to him that a 20 minute drive to campus wasn't going to discourage me from going to class everyday, he moved on to the next question: Who are you going to live with? By this time I already had that figured out, but unfortunately I named two girls that he had never heard of.

After many weeks of debating, rehearsing and begging, my parents gave in and decided to let me try to be the grown up I thought I was...or at least the one I wanted to be. I now live in a townhouse with the two girls my dad still doesn't remember the names of and have an adorable puppy named Scout. Life couldn't be much happier this summer, besides the three jobs, the housebreaking and the adjusting to roommates. So here is my advice to anyone thinking about moving off campus or even those who already do, because everyone could use some advice now and then. First of all, really think about who you want to live with. Think about what you want your home to be; party central, a replacement for the library, a place to relax or just a place to sleep. Whatever you want your home to encompass make sure that you and your roommate(s) agree. This could be a deal breaker when you want to study and your roommate wants to party.

After you think of the perfect roommate, realize that there is no such thing. Everyone has pet peeves and finding someone who doesn't tick you off from time to time is pretty much impossible. After you have the roommate(s) figured out, a lease signed, responsibilities divided and have cut through all of the other red tape, it's time to figure out how you are going to make the place truly yours.

Of course you need the basics: a bed, bedroom and living room furniture, kitchen utensils and supplies. Not only do you need furniture, but cleaning supplies, toiletries, paper towels, toilet paper, etc. are a necessity. My favorite part of moving into a new place is decorating. However this is hard to do on a college student's budget. This is when you just have to get creative. If your family or friends offer to give you anything, take it. You can always make things look better by adding a slip-cover, a new paint job or even reconstructing it to make something new that is just as useful. For example my mom gave me an old five drawer dresser and one of the drawers was broken. So I took the divider between two shelves out, added a piece of plywood, painted it and placed baskets in the large opening. Now it works as a three drawer dresser and I keep makeup and hair products in the larger baskets.

Even though I am proud of my inner carpenter, I love shopping for cheap furniture and decorations for my apartment. The best place to do this is IKEA. Everyone who is moving off campus should take a short ride to Cincinnati and visit this fabulous furniture wonderland. You can get anything from silverware to picture frames to beds and couches. It is also really cheap! Just what us college kids need! But before you go crazy, realize that there is a catch: You have to assemble the furniture yourself.

So if you are wishing to move off campus, just remember to think about why you want to move, who you want to live with and how much money is in your budget. And definitely find your way to IKEA. Even if you don't buy anything you will get ideas for how to decorate and arrange furniture in a small space.



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# REACH OUT

UK Fusion kicks off the beginning of the school year with many students giving their time to many non-profit organizations. "It is amazing how many students come out every year that day to give their time to others," said Megan Nethery a Fusion participant. "But what most students are guilty of is giving only one day to the Lexington community. I know that is how I was after my freshman year."

The University of Kentucky provides amazing opportunities for students to get involved and make a difference in their community on a regular basis. The Center for Community Outreach holds 15 large service projects for students to participate in throughout the year. One very popular event that won Best of UK's Event this past year was Dance Blue. Some other projects include the American Heart Walk and the many non-profit organizations that are sponsored by UK's Greek program.

Volunteering can change your whole outlook on life! As students and growing individuals we can be somewhat sheltered about the world around us. With volunteering a person can see how others live, can help others and can learn from others. We all know that many students have little time to spare for volunteering. Many students can choose to volunteer through the UK events and there are also many other opportunities around Lexington in which you can choose the amount of time you would be available to give. The Big Brothers/ Big Sisters Organization has a program in which you "adopt" a little bro/sis and spend one hour with them once a week hanging out at their school. Many other places like Habitat for Humanity will require you to volunteer a few hours once a month. An opportunity that often goes unrecognized but is critical to our community and quite rewarding is helping out the animals of Lexington.

As students most of us cannot have pets in our dorms, apartments, or some homes. The solution: Helping needy and loving animals at the Lexington Humane Society (LHS). LHS is the largest open-admission shelter in Central Kentucky. In the past five years, LHS has helped over 22,000 animals find forever homes. To continue their record-breaking numbers, the Lexington Humane Society depends on its invaluable volunteers and their good efforts.

"As a non-profit organization, we depend solely on community support, and one of the easiest ways to support LHS is to get involved and volunteer," said Whitney Wilgus, Volunteer Coordinator at the Lexington Humane Society. "It's because of our volunteers that we can find forever homes for so many animals."

The Lexington Humane Society offers various volunteer opportunities from working an information booth at an event to fostering animals that are not yet ready for adoption. Volunteers can also visit the shelter and interact with adoptable animals.

"Our volunteers are always ready and willing to help out, and they're one of the main reasons LHS is so successful in what we do," Wilgus said. "LHS has a wide range of volunteer opportunities for busy college students," said Wilgus. "We've got people who are here every day, and we have people that monitor doggie banks twice a month at area businesses and rarely come out to the shelter. The great thing about volunteering at the Lexington Humane Society is that you can devote as much time as you'd like to helping our critters." Locations at two Petsmarts in Lexington as well as various events around town allow for easy access to volunteer opportunities. "We've always got something fun going on, so it's a great way to meet new people and help out at the same time," she said. "We couldn't do what we do without the help of our awesome volunteers."

Volunteers at the Lexington Humane Society must be at least 18 years old and attend a two-part volunteer orientation. Once they have completed these sessions, volunteers may come and volunteer anytime the Adoption Center is open, Wilgus said.

The Lexington Humane Society is one of the many great

places that give students the option of volunteering on their own time. To learn about volunteer opportunities and how you can make a difference in an animals life, contact LHS at (859) 253-004 x 254.

Volunteering is not only a great thing to do as a student because it looks good on a resume, but it also builds your character and prepares you for different aspects of your life! For more information about any of UK's volunteer events or places to volunteer through UK visit, [www.www.uky.edu/VolunteerCenter](http://www.www.uky.edu/VolunteerCenter). Also, check out LHS, located at 1600 Old Frankfort Pike about 2 miles from campus. It will be worth your while to see all the adorable animals up for adoption!



Give Love, Teach Love, and Adopt Love is the Lexington Humane Society's motto! By becoming a volunteer you will not only have opportunities to play with puppies and dogs like this one, but you will also help many animals find homes!

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# EXPAND YOUR HORIZONS

Andolyn Johnson - PR Staff

After an evening at the local tapas bar, we made our way to the discoteca that opened at 2:30 a.m. Aside from our broken Spanish, we had finally begun to look and act like the locals. From fashion to food, our lifestyles had quickly adjusted to fit that of a native Spaniard, including staying out until 6 a.m. almost every night of the week, the typical routine for the seventy thousand college students in Granada, Spain.



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This summer I spent five weeks studying abroad. When leaving the U.S. I had no idea what to expect, but I could not wait for a new challenge. I found out that the benefits of studying abroad are almost endless. It not only involves taking an unforgettable vacation, but students also gain an understanding and appreciation for other cultures. It offers an opportunity to develop character as well as influence other people. While living with a Spanish family, my use of the language significantly improved, and my interaction with my host family changed some of their negative opinions about American culture. With access to famous museums, elaborate cathedrals, bullfights, festivals and flamenco dancing, I encountered the rich history of Spain first-

hand. I also earned six credit hours by taking classes at the University of Granada that easily transferred to UK.

Studying abroad is the most exciting way to gain knowledge and experience. It also makes students more desirable to future employers by increasing their understanding of the world. It could be the key to being accepted to graduate school or getting a job. The challenge of adapting to life in another country not only opened my eyes to new aspects of my personality, but it also changed my perspective about my career goals. Studying abroad is not just for foreign language majors. Any field will find the benefits of studying abroad rewarding and important to future success.

When choosing a place to study abroad, students have endless possibilities. Groups of students travel to almost anywhere in the world. To find out more, visit UK's Office of International

Affairs located in Bradley Hall. Several advisors are available to help with any questions about traveling. They proved to be extremely supportive when I prepared for my trip.

They also regularly hold IDEA sessions which introduce information regarding studying abroad. OIA's website, <http://www.uky.edu/IntlAffairs/index.htm>, helps students begin to explore the possibilities of traveling.

Many students are concerned about the expenses of studying abroad. Although it can be costly, UK provides some financial aid. If students choose to

study abroad for a whole semester, the costs are almost equal to UK's tuition and living expenses. There are numerous affordable, all-inclusive programs available, including faculty-led EA, KIIS, CCSA and ISA. Check out all the options to find the program that best fits your expectations.

If you are looking for an adventure, plan a semester or summer abroad. The options are endless and the cost and preparation worth the opportunity to see the world. When searching for a place to study, spend plenty of time deciding, because it quickly becomes your second home!

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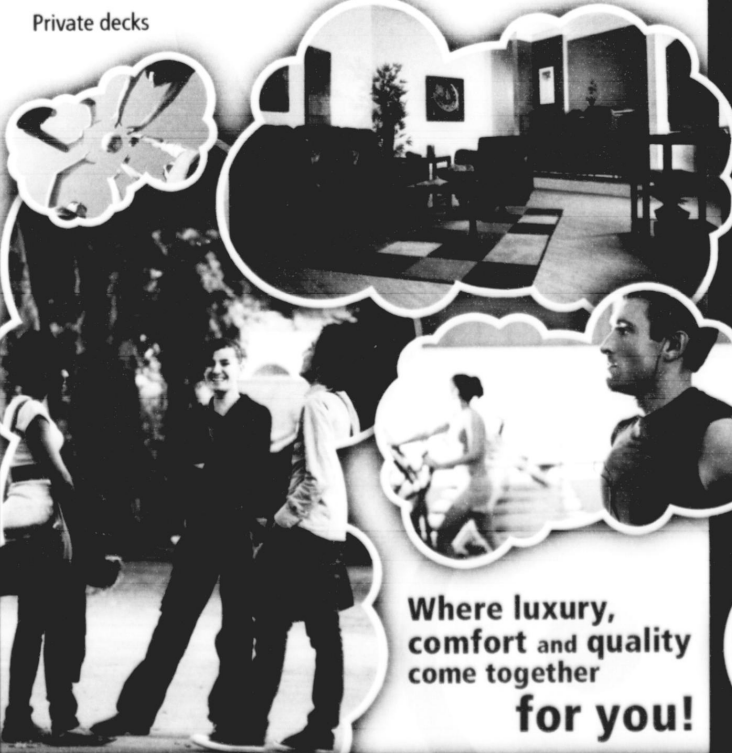
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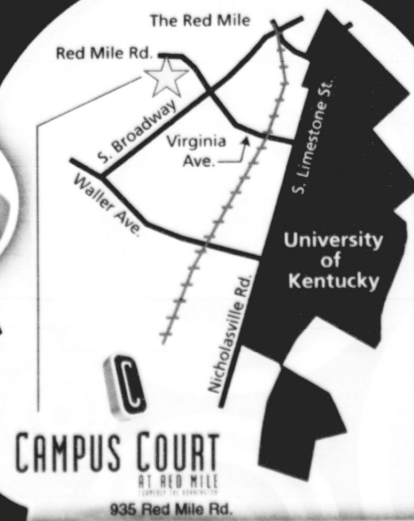
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