

UK shut out against LSU
Cats suffer worst defeat of
season in Baton Rouge.

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MONDAY

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KENTUCKY KERNEL

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Panel examines religious conflicts

By Daniel Holthouse
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A three-member panel will examine the future of the Western world and recent conflicts between Catholicism and Islam on campus tomorrow.

The panel will discuss Pope Benedict XVI's book "Without Roots: The West, Relativism, Christianity, Islam," tomorrow night at 7:30 in the W. T. Young Library Auditorium.

The discussion comes on the heels of the recent controversy over Benedict's speech last month on Islam at a German university.

David Bradshaw, associate professor of UK's philosophy department and one of the panelists, said the discussion was scheduled well before the recent controversy.

"The event was planned before the controversy broke out," Bradshaw said. "But the controversy does make it more relevant. We will discuss the pope's controversial speech and use his book to attempt to put it in context."

"Without Roots" is a published exchange between then-Cardinal Ratzinger and Marcello Pera, the president of the Italian Senate, Bradshaw said.

See **Bishop** on page A3

"The event was planned before the controversy broke out."

David Bradshaw
 associate professor of UK's philosophy department

Disney offers 'magical' internships

By Amber Dillon
 news@kykernel.com

Experiencing the "magic" of Disney is a little easier for students who participate in the Disney College Internship Program.

"There is actually nothing better than to be able to wake up and say you work for Mickey Mouse and then spend your days playing in the Magic Kingdom," said Amy Hestand, an accounting sophomore and current Disney intern.

The internship program is a living, learning and earning program that combines education and work. Selected students earn the title of "cast member" and are sent to live and work in Lake Buena Vista, Fla. for three, five or eight months.

One bonus of the internship is the opportunity to make connections with leaders from a variety of careers through networking events.

"The internship has been a great networking tool," said Lindsey Green, a 2004 cast member from UK. "Not only do I know managers down in Disney where I can get references, but if I were to apply to work for a Disney corporation, I would be looked at first over any other applicant... and having that advantage is well worth it since the field can be really competitive."

Dedrick Tillerson, a communications senior and current cast member, said having an interest in Disney makes the internship more enjoyable.

"I can honestly say that the program is really for people that love Disney, but it does provide you with a lot of outlets to do what you want to do after finishing the program," Tillerson said.

The program offers students a variety of jobs, including on-stage roles, character attendants, hospitality roles, lifeguards, and quick service and beverage roles.

While at Disney, students have the opportunity to take educational courses taught by Disney professionals and earn college credit.

Other benefits that come along with being a cast member include free theme park admission, discounts on resort accommodations and discounts on Disney merchandise.

Housing is provided, but students must provide their own transportation to and from Disney World. According to the program's website, each housing complex is different in its amenities and floor plans with one-to-four bedroom apartments available.

Students interested in the program must attend an introductory presentation, apply on-line and complete an interview.

The next introductory presentation will be held at Murray State University in Murray, Ky. on Nov. 14.

Interested students can contact the James W. Stuckert Career Center at UK or visit www.wdw-collegeprogram.com.

SG gets dining ideas from UGA

By Blair Thomas
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The University of Georgia has a dining services program that can lend some ideas for improvement to UK, Student Government officials said.

SG Vice President Mallory Jenkins said UGA's dining program was impressive, and it was clear that they had implemented programs in response to student suggestions.

"They had a sushi bar," Jenkins said. "They told us that students commented on really liking

sushi, so they added a sushi bar. We were impressed by little incentives like that. The food quality was excellent. We could tell it was a top priority."

Jenkins and five SG senators, along with representatives from Residence Life and UK Dining Services, traveled to UGA last Thursday to tour and evaluate its dining program.

UGA is one of UK's benchmark institutions and has a similar meal plan system.

"UGA has a top ranked dining program," said SG President Jonah Brown. "And with the dissatisfaction that the student body ex-

pressed in their votes in last spring's meal plan referendum, we are looking to improve things here."

Jenkins and the five senators also liked that the cafeterias had hand sanitizer dispensers at each exit and liked the "recipes from home" series.

"They had a really great idea where the university sends a letter to the parents of every student asking them to submit a recipe that the student enjoys for consideration," Jenkins said.

UGA also has a hand identification sys-

See **Dining** on page A3

Light the Night



ALLIE GARZA | STAFF

White and red balloons fill the sky Saturday evening during the Light the Night Walk, which took place downtown in front of the courthouse. Participants carried illuminated white and red balloons during the walk, with white balloons representing survivors and red representing supporters.



ANDREW HUGGINS | STAFF

Nathan Epperson, left, and Caleb Epperson walk on South Limestone during the Light the Night Walk on Saturday night. They were walking for Abby's Angels.

Nearly a thousand people on 80 teams participated in Lexington's 7th annual Light the Night Walk downtown on Saturday. The event, which started at the courthouse plaza, raised over \$125,000 for the Leukemia and Lymphoma Society, according to coordinator Lisa Bellafonte. The Society has donated \$424 million to leukemia, lymphoma and Hodgkin's disease research since its creation.

Big Blue Madness starts seasons off with a bang

By Jonathan Smith
 jsmith@kykernel.com

Tubby Smith donned new glasses before Big Blue Madness Friday night at Rupp Arena because his old frames sat too far down on his nose.

He had to like what he saw.

The UK head coach unveiled his 2006-07 basketball Cats, and Southeastern Conference Coach of the Year Mickie DeMoss presented the women's team on the first official NCAA team practice day.

"It's always exciting this time of year when we're ready to kick off the season," Smith said. "There's a little more excitement this year because we have everybody

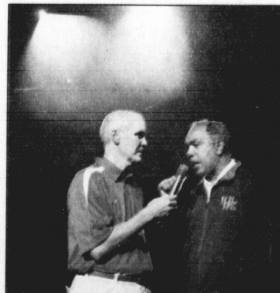
on board and I think we have a great nucleus of kids returning as well as new guys."

On a day when many Wildcat players from the past - Derek Anderson, Richie Farmer and Tayshaun Prince - sent messages talking about the tradition of UK basketball, it was the future of the program that stole the show.

Freshman Derrick Jasper began the night by winning the dunk contest, and was followed by fellow rookies Perry Stevenson and Jodie Meeks combining for 23 points in the 18-minute scrimmage.

"Do you like this new edition of the Wildcats," Smith said to the fans after the

See **Madness** on page A8



KEITH SMILEY | STAFF

Former UK basketball player Kyle Macy, left, interviews head coach Tubby Smith before the men's basketball team's first practice for the 2006-2007 team.

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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 have a tendency to get way out on the leading edge. You don't have to be foolish about it, though. It takes discipline to be a survivor.

Taurus (April 20 - May 20) Today is a 5 — Even if you know the answer, don't tell unless you're asked. People who are not listening to each other won't listen to you, either.

Gemini (May 21 - June 21) Today is a 9 — One of your natural talents is a willingness to ask questions. That will be required now, as you sort the fact from the fiction.

Cancer (June 22 - July 22) Today is a 6 — Get your group to agree on a goal and stick to it, until it's done. Teach them to be loyal to one another, and to you.

Leo (July 23 - Aug. 22) Today is an 8 — Let others do the talking now. You watch and look and listen. When you make your move, don't waste an ounce of energy.

Virgo (Aug. 23 - Sept. 22) Today is a 5 — You have something hanging around in your closets that you can put to use. Don't buy new, save your money. You'll need it very soon, for something else.

Libra (Sept. 23 - Oct. 22) Today is an 8 — You'll find out about trust and moderation. A little exaggeration could turn into a very big deal, so take care.

Scorpio (Oct. 23 - Nov. 21) Today is a 5 — Keep most of your comments to yourself. The others don't need to know what you really think. Besides, you'll save a lot of time.

Sagittarius (Nov. 22 - Dec. 21) Today is a 7 — Keep the others motivated. You can't do what they are doing directly, but you can make absolutely sure they do it. Welcome to management.

Capricorn (Dec. 22 - Jan. 19) Today is a 5 — Caution is advised, but you already do that. Take charge of the situation, and find out as much as you can. You can use this situation to your advantage.

Aquarius (Jan. 20 - Feb. 18) Today is an 8 — Don't try to vanquish a noble adversary all by yourself. Get a lot of people on your side, and then attack.

Pisces (Feb. 19 - March 20) Today is a 7 — Keep at a difficult job, even though you'd rather do anything else. Once this item is scratched off your list, you will finally relax.

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THE DISH

Who should she choose?

Decisions, decisions! A matchmaker weighs in on television's hottest love triangles, and 100 people at New York City's Radio City Music Hall give us their picks for the perfect pairs

KATE from Lost

Evangeline Lilly's Kate Austen faces the eternal dilemma: good guy or bad boy? Her heat with fellow con James "Sawyer" Ford (Josh Holloway) is undeniable — he gave her his last bit of food. "I like Sawyer," Lost executive producer Carlton Cuse says. "He's a lot cooler than me." But don't count Jack (Matthew Fox) out. Expect sparks as all three are held captive by The Others!

Expert Pick — "Jack. If she wants stability."

PAM from The Office

Her engagement to warehouse worker Roy (David Denman) didn't dampen the simmering crush shy receptionist Pam Beesly (Jenna Fischer) had on salesman Jim Halpert (John Krasinski). But when Jim declared his love, Pam freaked! Jilted Jim moved away, only to learn Pam ended it with Roy, who's vowed to win her back.

Expert Pick — "It's the perfect time to explore possibilities with Jim."

MEREDITH from Grey's Anatomy

The spark between Ellen Pompeo's intern Meredith Grey and doctor Derek Shepherd (Patrick Dempsey) has been hot from day one. (They slept together the night they met!) But when "McDreamy" stuck with his estranged wife, sweet widower veterinarian Dr. Finn Dandridge (Chris O'Donnell) stepped in. Then Derek's marriage crumbled, and he told Meredith he wanted another chance. Her decision? To date them both!

Expert Pick — "You can't rebuff chemistry!" says matchmaker and Samantha'sTable.com founder Samantha Daniels. "McVet is safer, but her heart is with McDreamy."

SUSAN from Desperate Housewives

As soon as Teri Hatcher's Susan Mayer consummated her six-month flirtation with publisher Ian Kavanaugh (Dougray Scott) — whom she met while visiting her comatose almost-fiance, plumber Mike Delfino (James Denton), in the hospital (Ian's wife is also in a coma) — Mike woke up! Denton tells Us, "That'll be a problem for a while."

Expert Pick — "She should wait for Mike because she's always had a thing for him."

LORELAI from Gilmore Girls

After getting engaged to her friend Luke Danes (Scott Patterson), single mom Lorelai Gilmore (Lauren Graham) seemed to be headed for happily ever after. Then she found out Luke had a secret child of his own! Now she's back in the arms of her high school sweetheart, the dad to daughter Rory, Christopher Hayden (David Sutcliffe).

Expert Pick — "Christopher. She's always loved him." — Jennifer O'Neill

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DINING

Continued from page A1

tem that can scan the students' hands and allow them to use their meal plan if they forget their identification card.

UGA's meal plans are considerably more expensive than those at UK.

They offer two variations of the meal plan: a seven-day plan where an allotted number of meals are evenly distributed among seven days and a five-day plan for students who do not want meals on the weekends.

The five-day meal plan costs \$2,062 and the seven-day plan costs \$7,964. UK's most expensive meal plan option costs \$2,013 per semester, Jenkins said.

UGA does not require students to purchase a meal plan, Jenkins said, but a lot of students do.

"One thing UGA did really well was to make sure everyone is happy with the service they provide," Jenkins said. "This

means the employees who work for them, many being students, and the students who have meal plans. The employee and student satisfaction really brought the atmosphere to a higher level."

However, there were some things that the senators thought UK did better.

"We spoke with the director of their dining program and they have no committee or group in place to that involves students in what they do," Jenkins said.

UK has the Dining Advisory Committee that seeks information and opinions from students. This committee, including SG senators and resident advisors was formed in fall 2005 and meets with the executive staff of Dining Services monthly.

SG recently formed the 85 Percent Task Force in response to student dissatisfaction with the current meal plan as an additional way to implement change.

"When we met with UGA's Student Government, they told us that they had no relationship with their dining program," Jenkins said. "I feel that really

sets us apart from them."

The campus and SG representatives will have a follow-up meeting Wednesday at 5 p.m. to discuss the trip. Topics for discussion include positive and negative aspects of UGA's program and what could be changed about UK's program.

"We're focusing on perfecting our current meal plan system," Jenkins said. "There are a lot of places that have had a history with a successful meal plan system and though we've experienced past success with the declining balance system, I think we can make this one work, too."

Dining Services will not consider any plans for change until after the follow-up meeting on Wednesday.

"The plan right now is to consider the things that UGA utilizes and improve what is already running smoothly as well as implement new things that will better serve the students," Jenkins said. "Then at the end of the year, Dining Services will poll the students to see if they've changed their minds since last spring's (meal plan) referendum votes."

BISHOP

Continued from page A1

The two men share their concerns about Europe's declining Christian identity, the subsequent increase in secularism and the difficulty Europe is having in responding to militant Islam.

The Catholic bishop of Lexington, the Most Rev. Ronald Gainer, will be one of the panelists, along with Professor Mike Peterson of Asbury College's philosophy department.

Bradshaw said the three panelists were chosen to bring several viewpoints to the discussion.

"We wanted an ecumenical group," Bradshaw said. "Bishop Gainer to represent the Catholic perspective, Professor Peterson the Protestant perspective and myself the Eastern Orthodox."

Tomorrow's panel discussion is the first in a series of events that is part of this year's Veritas Forum.

The Veritas Forum, which first came to UK in 2003, started at Harvard in 1992. According to the Veritas Forum's website, Harvard "students, faculty, and friends came together to discuss pursuit of knowledge in the uni-

versity related to the truth claims of Jesus Christ." Since then, the idea has swept across campuses nationwide.

Brian Marshall, campus minister at Christian Student Fellowship and the organizer of this year's Veritas Forum, said that although the panel is comprised of three men from various Christian traditions, the event in no way is meant to exclude other faiths.

"We hope that people outside the Christian faith attend," Marshall said. "What we try to do is invite people from multiple backgrounds to come to the table and share."

Marshall said the organizers of the panel discussion on Tuesday have invited several representatives of the local Muslim community to come as "distinguished questioners," which means they will be guaranteed floor time to refute any arguments or pose any questions to the panelists.

This year, the Christian Student Fellowship is sponsoring UK's Veritas Forum with support from Student Government.

Marshall said the student response to the Veritas Forum has been very positive.

He and Bradshaw agree that students need to talk about these issues.

Marshall said the discussion of the pope's book will be informative for students of any background.

"Whether or not you agree with him (the pope), he's worth listening to," Marshall said.

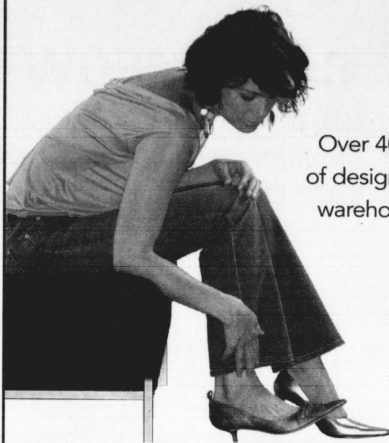
Although tomorrow's discussion focuses particularly on Europe, Bradshaw believes attendees can apply what they learn to their own lives in an increasingly secular culture.

"Europe is in some ways an image of America's future," Bradshaw said. "We too are becoming more secular, and our culture, like theirs, suffers from widespread moral relativism. It is important that we think hard about who we are and why our culture is worth preserving."

If you go

What: Panel discussion of "Without Roots: The West, Relativism, Christianity, Islam" written by Pope Benedict XVI
When: Tomorrow at 7:30pm
Where: W.T. Young Library Auditorium
Admission: Free

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The identity theft scare

By Fred H. Cate
 THE WASHINGTON POST

Identity theft is getting a lot of attention these days — from news stories about missing laptops and lost data to television commercials for fraud prevention and credit monitoring services. Congress has held hearings, and members have issued forecasts of an impending plague of identity theft. Rep. Edward Markey, D-Mass., in a statement typical of many of his congressional colleagues, said that "Social Security numbers and date-of-birth information are pure gold in the hands of identity thieves, who quickly convert them into credit cards and cash equivalents to perpetrate massive frauds."

When a laptop was stolen from the home of a Department of Veterans Affairs employee this year, newspapers across the nation editorialized about the dangers facing the people whose data were on the computer. The Washington Post alone published more than 40 stories and wrote that "25.5 million veterans were placed at risk of identity theft." The VA notified all 26.5 million of them and asked Congress for \$160.5 million to cover the cost of one year of credit monitoring for the veterans.

Then the laptop was recovered — the data untouched and the risk of identity theft shown to be nonexistent.

The happy ending to the VA saga should have come as no surprise. The fact is that few if any such breaches lead to identity theft or other consumer injuries.

A 2005 study by ID Analytics, which operates a nationwide fraud-detection network, found that even when the missing information included credit card numbers or other account-level data, the risk of identity theft was no greater than for accounts from which no information was lost or stolen. Two years after a theft, only one out of every 1,020 account holders whose information had been stolen — less than one-tenth of 1 percent — had been targets of any attempted fraud.

The reasons are not hard to discern. First, the term security "breach" is so broad that it includes cases, such as that of the VA employee, in which the target of the theft was equip-

ment, not data. In fact, most security breaches involve the accidental loss of information or equipment rather than a deliberate attack on data.

Second, identity theft is most commonly the result of data being obtained directly from victims, not through security breaches. According to a 2005 Javelin Strategy & Research survey, for the half of victims of identity-based fraud who knew where their information had been obtained, the most common source was a "lost or stolen wallet, checkbook, or credit card."

Thirty-five percent of identity-theft cases in which the perpetrator was identified involved a "family member or relative," and 18 percent a friend or neighbor. That means that roughly half of all known identity thieves were not strangers. Another 23 percent of such cases involved dishonest employees. All together, three-fourths of identity theft cases did not involve access to the kind of third-party data obtained through a security breach.

Third, identity theft affects far fewer Americans than the hype suggests. Although the figure most commonly cited in the media is 10 million U.S. victims a year, in April the Justice Department put the number at 3.6 million for the second half of 2004.

But more than half of those cases (two-thirds, according to the Federal Trade Commission) actually involve credit card fraud. This is good news, because Congress long ago limited consumer liability for credit card fraud to \$50, and the universal industry practice is to waive that charge.

The Justice Department estimates that there were only 538,700 cases of true identity theft (those in which personal information was used to open accounts in the victim's name) in the second half of 2004. The FTC received about 250,000 identity-theft complaints in 2005. Moreover, research shows that identity theft is on the decline.

The danger of the security breach frenzy is not merely that it exaggerates the risk of identity theft and the role that security breaches play but that it ignores greater threats, such as the involvement of organized crime and the emergence of new and harder-to-detect frauds, that menace our increasingly information-dependent society.

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SPORTS

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LSU 49, UK 0

CAT'S MEOW?

Tigers de-claw Wildcats in UK's worst defeat of the season

David Hebert
THE DAILY REVELLE

LSU junior quarterback JaMarcus Russell needed only one half to post numbers worthy of a full game stat sheet.

Russell went 14 for 17 in the opening half, throwing for 213 yards and two touchdowns to senior wide receiver Dwayne Bowe as LSU defeated UK 49-0 Saturday night in Tiger Stadium.

Russell finished 15 for 18 with 226 yards and two touchdowns in a one-sided contest in which the Wildcats could not muster a point.

Russell said the solid effort was nice to see after last week's sloppy performance against the University of Florida.

"It started with a good week of practice," Russell said. "After last week, we had to get that filthy taste out [of our mouths]."

The LSU defense held the Cats to 227 yards of total offense, allowing UK to cross midfield only once in the first half. The Tigers more than doubled UK's total offense with 546 yards.

UK had just 61 rushing yards in the entire game, compared to LSU's 268.

Senior defensive tackle Glenn Dorsey said the defensive emphasis was on pressuring the Kentucky offense.

"We try to get pressure on the quarterback," Dorsey said. "When you let the quarterback get comfortable back there, that's when they can hurt you."

The LSU defense kept UK's passing offense from establishing a rhythm. Junior quarterback Andre Woodson finished 14 for 37 with 151 yards passing and one interception.

UK's top receiving duo of junior Keenan Burton and sophomore Dicky Lyons Jr. combined for only 119 yards on 11 catches. Lyons said the Cats struggled to take advantage of LSU mistakes.

"They're a good football team, don't get me wrong," Lyons said. "I've played against a lot of them, and they're all five-star athletes. We made them look better than they are."

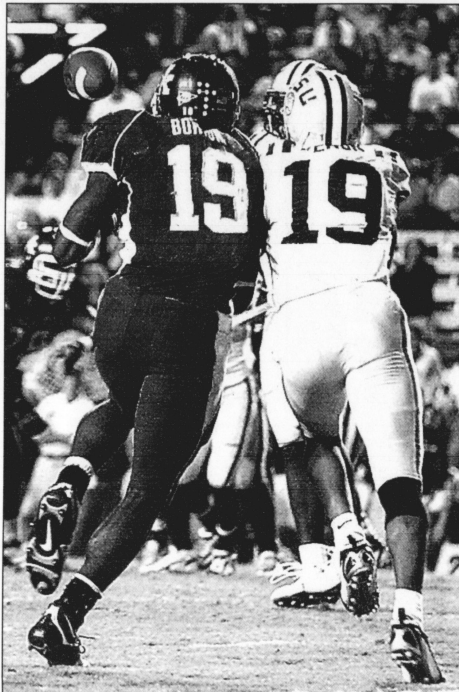
Russell and the LSU receiving corps picked up the slack. Bowe finished with 111 on six receptions for three touchdowns, including a 43-yard touchdown reception that all but ended the game in the second quarter.

LSU coach Les Miles said this week's game was a win the Tigers needed.

"It's nice to be back on track," Miles said. "They needed victory. This team came out today in a fashion that they were needy. They needed victory. You could see that they were not going to be denied tonight."

Junior running back Jacob Hester began the scoring for the Tigers in the first quarter, finishing an eight play, 71-yard drive with a seven-yard touchdown run.

After a seven-yard touchdown reception by Bowe capped a 63-yard drive, Hester finished another drive with a four-yard run to



AARON WILLIAMS | THE DAILY REVELLE

LSU junior defensive back Jonathan Zenon steps in front of junior wide receiver Keenan Burton to deflect the pass in the third quarter of UK's 49-0 loss to the Tigers in Baton Rouge on Saturday. Burton and receiver Dicky Lyons Jr. combined for only 119 yards.

score. Hester finished with 44 yards rushing on 13 carries for two touchdowns and two receptions for 19 yards.

The second half began in the same way as the first half had ended, with LSU marching downfield on a four-play, 65-yard drive ending with a 12-yard touchdown run by junior wide receiver Early Doucet.

Junior quarterback Matt Flynn replaced Russell under center on LSU's next drive.

He led the Tigers on another touchdown march, finding Bowe for his third score from eight yards out.

UK spent the rest of the third quarter unsuccessfully trying to get on the scoreboard. The Cats came away with no points on two consecutive trips to the red-zone.

The Tigers finished scoring with a 93-yard drive, ending with a touchdown pass from Flynn to junior fullback Shawn Jordan from two yards out.

Sports Briefs

Men's soccer falls

The 18th ranked men's soccer team fell 1-0 in overtime on Saturday to the University of Alabama-Birmingham when Jeron Monteiro headed in the game winner in the 92nd minute. The Cat's offense was severely limited as they were only able to fire eight shots and get two shots on goal.

It is the third overtime loss for the Cats this year. They have had five overtime matches in all this season, winning one match against South Carolina and playing Louisville to a tie. The Wildcats are now 9-4-1

overall and 2-2 in Conference USA. They will head to Huntington, W. Va., to play Marshall on Wednesday.

Women's soccer pulls the upset, then falls

The women's soccer team upset 11th ranked Tennessee on Friday, beating the Volunteers 1-0. The win marked the ninth shut out for UK this season and ended a six match losing streak to Tennessee.

Yesterday the Cats were unable to best Georgia, as they fell 1-0 to the Bulldogs. The loss ended UK's four match winning streak. The Cats are now 8-6-2

and 3-3-1 in the Southeastern Conference. UK returns home on Friday to play the Mississippi State Bulldogs.

Volleyball losses to Alabama in straight matches

The UK volleyball team fell 3-0 to Alabama on Friday, snapping a three game win streak for the Cats. UK is now 12-6 and an even 5-5 in the Southeastern Conference. Sophomore Ashley Fisher led the Cats on offense for the second straight match with a team-high 15 kills. Junior Nicole Brittenriker had her eighth double-double of the sea-

son with 10 kills and 14 digs. The Cat's again hit the road this weekend against LSU and Arkansas.

Golf play suspended

Match play for the men's golf team was suspended on Saturday at the Bank of Tennessee Intercollegiate at the Ridges due to darkness. The Cat's are currently 15th in the tournament's second round. Play continued Sunday and will be followed by the third 18 holes there after.

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Monday 16 th	Tuesday 17 th	Wednesday 18 th	Thursday 19 th	Friday 20 th	Saturday 21 st
<ul style="list-style-type: none"> Shift, 7:00 PM, Christian Student Fellowship Building Stand Up Against Poverty, UK and Lexington Community Yates Elementary School Tutoring, 4:00 PM, Yates Elementary School Swing Dance Lessons, 8:00 PM, Yates Creek Recreation Ctr Ballroom 	<ul style="list-style-type: none"> UK Students for Life Meeting, 8:00 PM, 115 Student Center BINGO, 7:00 PM, STUDENT CENTER CATS DEN BIO 425 Seminar, 10:00 AM Alpha Phi Omega, 6:30 PM, 359 Student Center Pre-Physical Therapy Student Association Meeting, 7:30 PM, Gallery Room of Young Library Cheap Seat Tuesdays Presents: Talladega Nights - ONLY \$1, 8:00 PM, Worsham Theatre (Student Center) Internship Information Session, 11:00 AM, 101 Stuckert Bldg, 408 Rose Street Baptist Campus Ministry - TNT - Tuesday Nights Together, 7:30 PM, Baptist Student Center - 429 Columbia Ave. 	<ul style="list-style-type: none"> University Christian Fellowship, 8:00 PM, 230 Student Center Tutoring at Bryan Station Middle, 4:00 PM, Bryan Station Middle Internship Information Session, 12:00 PM, 101 Stuckert Bldg, 408 Rose Street Adobe Photoshop Workshop, 6:00 PM, Fine Arts Library Basement Wildwater Cats Roll Session, 9:00 PM, Lancaster Aquatic Center La Table Francaise, 3:30 PM, 357 Student Center Comedy Caravan w/ Pat Godwin, 8:00 PM, Student Center Cats Den LECM Food for Body and Soul, 5:05 PM, St. Augustine's Chapel on Rose Street 	<ul style="list-style-type: none"> Feminist Alliance Meeting, 7:30 PM, Commonwealth House of the Gaines Center on Maxwell St. Theoretical Thursdays Presents: Michelle Belanger, Psychic Vampire, 8:00 PM, Memorial Hall Freshman Focus - Baptist Campus Ministry, 7:30 PM, Baptist Student Center - 429 Columbia Avenue Synergy, 8:00 PM, Christian Student Fellowship Building The Spirit of Ramadan, 5:30 PM, 230 Student Center Making the Most of Your Internship, 3:30 PM, James W. Stuckert Career Center 408 Rose Street China town, 10:00 PM, Center Theater in the Student Center DanceBlue Chairs Meeting, 5:30 PM, 203 Student Center 	<ul style="list-style-type: none"> The Killers (1946), 10:00 PM, Worsham Theater in the Student Center 	<ul style="list-style-type: none"> Saturday Morning Child Project Health, 9:00 AM, Dental Clinic
					<p>GO CATS!</p>
					<p>Sunday 22nd</p> <ul style="list-style-type: none"> UK Ultimate Frisbee Organization, 10:00 PM, Intramural Fields

Anti-gay commentaries incite controversy

By Stephanie Simon
LOS ANGELES TIMES

The National Association for Research & Therapy of Homosexuality positions itself as a scientific group dedicated to helping gay men and lesbians shed same-sex attractions and realize their so-called "heterosexual potential."

Its statements routinely outrage gay-rights activists. But two commentaries posted online in recent months by members of NARTH's scientific advisory committee have raised concerns among its closest allies as well.

One psychiatrist called for school children to shame and ridicule classmates who don't act according to stereotypical gender roles. Another board member, a therapist, asserted that slaves might have been better off in chains than in "savage" Africa.

One of NARTH's scientific advisers has quit in protest and a prominent therapist has canceled his presentation at the group's annual conference next month. Alan Chambers, who leads the nation's largest support group for "ex-gays," urged NARTH's members to "think long and hard about the mission of the organization."

At issue are comments by Canadian psychiatrist Joseph Berger and New York psychotherapist Gerald Schoenewolf.

In an open blog on NARTH's Web site, Berger expressed disgust with a school in Northern California that accommodated a cross-dressing

kindergartner and other children with "gender variant" behaviors. Instead of teaching tolerance of differences, Berger said schools should "let the other children ridicule" boys and girls who don't conform.

"It is a mistake for various interfering, ignorant and biased busybodies to try to 'counsel' the other children into accepting the abnormal," Berger wrote. "It is very healthy to be able to draw the line between what is healthy and what is sick."

Schoenewolf's essay on political correctness not only seemed to justify slavery, it also denounced the gay-rights movement as "mob rule." Using crude language, Schoenewolf asserted that "the entire planet has now been forced to agree that (homosexuality) is normal."

"This puts a real spotlight on what we're dealing with — this organization is incredibly reckless and irresponsible," said Wayne Besen, a gay-rights activist who founded a nonprofit, Truth Wins Out, to keep tabs on the ex-gay movement.

NARTH's premise that homosexuality is a disorder that can be overcome through therapy routinely is cited by activists pushing to get the "ex-gay" perspective into public schools. Besen said he hopes the controversy will slow that movement by discrediting the Encino, Calif.-based organization — and its claim to take a scientific approach to homosexuality. "This is a group of people with some very peculiar, if not dangerous, views," Besen said.

The president of NARTH,

Joseph Nicolosi, acknowledged that some of the posted comments "were poorly phrased" but said he intends to keep Berger and Schoenewolf on the board.

Both of their commentaries have been removed from the NARTH Web site. Nicolosi said the group does not support public shaming of children; an official NARTH statement also expressed "regret" over Schoenewolf's remarks about slavery. But those apologies have not quelled the controversy.

Therapist Warren Throckmorton, an associate professor of psychology at Grove City College in Pennsylvania, has long been concerned that NARTH over-emphasizes poor parenting as the root of homosexuality. He's also uneasy that NARTH rejects even the possibility of a fulfilling life with a same-sex partner.

At the upcoming conference, Throckmorton hoped to persuade NARTH therapists to adopt the approach he uses, which is to help patients find harmony between their sexual identity and their religious values. For some, that means trying to change their attraction to the same sex; for others, it means finding peace with a gay identity. "Therapists should not impose their view of the outcome on clients," Throckmorton said.

Late last month, he canceled his presentation, telling NARTH that he feared he would not get "a scholarly consideration" of his approach.

U.S. says China must help enforce U.N. resolution

By Glenn Kessler
THE WASHINGTON POST

WASHINGTON — One day after passage of a U.N. Security Council resolution punishing North Korea for its apparent test of a nuclear weapon, senior U.S. diplomats said Sunday that China must help enforce it and use economic leverage to compel Pyongyang to return to disarmament talks.

The resolution, passed unanimously, calls on states to prevent North Korea from selling or buying certain banned weapons and technology. But China said Saturday that Beijing would not inspect cargo entering or leaving North Korea, for fear of raising tensions in the region.

China's unwillingness to act against its longtime ally raises the stakes for Secretary of State Condoleezza Rice's diplomatic mission to Northeast Asia later this week. Ever since the current nuclear crisis with North Korea began in 2002, the Bush administration has relied heavily on China to use its influence with North Korea's leaders. But Beijing's caution has frequently disappointed U.S. officials.

U.N. ambassador John Bolton said on ABC's "This Week" that China had a "heavy responsibility" now that Pyongyang has detonated a nuclear device. "This test by the North Koreans had to have been humiliating to China," he added.

Rice, who along with Bolton made the rounds of the Sunday talk shows, said on CBS's "Face the Nation," "You're going to find China carrying out its responsibilities, undoubtedly carrying it out in a way that it believes will not enhance conflict. None of us want to enhance conflict with these measures. We just want to keep North Korea from trading in dangerous materials."

U.S. officials said Sunday that they were

pleased with the terms of Resolution 1718, which bans North Korean trade in materials linked to its weapons of mass destruction program, ballistic missiles, high-end conventional weapons — including warplanes and battle tanks — and luxury goods. It will create a U.N. committee to monitor the sanctions' effectiveness and to draw up a list of individuals and institutions linked to North Korea's weapons programs. They will be prohibited from traveling abroad, and most of their financial assets will be frozen.

China, which shares an 880-mile border with North Korea, has generally argued that pressure on its neighbor would be counterproductive. It frequently lured North Korea back to six-nation negotiations on Pyongyang's nuclear programs with tens of millions of dollars in payments — in one case, China even provided North Korea with a glass factory.

In April 2005, when North Korea was boycotting an earlier round of the talks, China rejected a U.S. suggestion of a "technical" interruption in the supply of oil to North Korea, which imports all the oil it consumes.

U.S. officials continue to believe a fuel cutoff would be devastating to the North Korean government. Bolton said Sunday that if China were to interrupt energy supplies or other aid to North Korea, "it would be powerfully persuasive in Pyongyang."

Rice stressed on "Fox News Sunday" that the U.N. resolution passed very quickly, even though it required China to vote against its communist neighbor.

"This is the toughest action that China has ever signed onto vis-a-vis North Korea," she said. "It sends a very strong signal to North Korea that it is now completely isolated. You cannot underestimate how big a blow it is."

Photographing the grief of the Amish

By Deborah Howell
SPECIAL TO THE WASHINGTON POST

The horror of the Oct. 2 schoolhouse shooting that left five Amish girls dead and five more critically wounded brought into vivid conflict the journalistic value of bringing the news to readers and the human value of wanting privacy in grief.

Add to this Amish feelings about being photographed, and the event presented a situation of great sensitivity to Post editors and the photographers Michael Williamson, Linda Davidson and Katherine Frey — on the scene in Bart Township, Pa.

Several readers were offended by the photos, especially by one at a cemetery. Mary Ann Kirkpatrick of Alexandria, Va., wrote: "The Amish community ... has suffered an unspeakable loss. While the photos in the paper ... are tasteful and have not sensationalized the story, they are in violation of the religious beliefs of the Amish people. They consider images of themselves to be 'graven im-

ages.' ... At this highly distressing time for the community, I would have expected a paper of the caliber of The Post to honor those beliefs and not cause more distress."

A gallery of photos, not all by Post photographers, can be viewed at www.washingtonpost.com/photo.

The Post's photos mostly were taken from public spaces — roads and sidewalks — and many were taken through telephoto lenses from as far as 100 yards "with respect and dignity," said Joe Elbert, assistant managing editor for photography.

Williamson said that local residents, being protective of the Amish, gave visiting photographers rules on photographing them: Don't just walk up and start snapping, keep your distance, and try not to be seen to avoid giving offense. Photographers also were told to take pictures of Amish people from the back or the side, Williamson said.

Frey asked for permission when photographing Amish people up close and got "varying degrees" of cooperation.

One man interpreted the rule against photographs as "not worshipping a graven image," so that if the photograph wasn't going to be worshipped, it was fine to take it.

In fact, it is common for photographers to ask permission in sensitive circumstances. Frey did so before she took an eloquent photo of Janice Ballenger, a Lancaster County, Pa., deputy coroner, as she sat on the altar, head in her hands, at a Methodist church. Distressed by the crime scene photos, Ballenger was seeking counsel at the church. Ballenger, who is not Amish, assented.

"Katherine was so nice and stayed to talk with me and even called me this week to see how I was doing. She'll never know how much I appreciated it," Ballenger said.

The relationship between photography and the Amish is more complex than it seems, according to David Weaver-Zercher, an expert on the Amish who is also an associate professor of American religious history at nearby Messiah College.

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

UK should explain mural, SG needs to move on

A resolution passed by UK's Student Government is urging the administration to place a marker with the Memorial Hall mural, which would explain the controversy about the mural that first arose in April.

SG Sen. Sam Gaines first raised his objections to the mural and its content, saying that parts of it could be considered offensive. The mural depicts black slaves at work in a field and a Native American about to attack a white female settler.

The mural was created in 1934 as a Public Works of Art project by Anne Rice O'Hanlon and remains the only fresco-style painting in the region. The Public Works of Art program was a Depression-era movement aimed at producing art for public enjoyment, to raise spirits dampened by the nation's economic state.

Originally, SG passed a unanimous resolution calling for the removal or painting over of the mural. UK President Lee Todd declined to

KERNEL EDITORIAL

take the resolution to the Board of Trustees immediately and said he wanted to discuss the matter further with Gaines.

Now, a year later, the matter is still a bone of contention, but at least SG has done away with the notion to destroy the mural.

An April 27, 2006 editorial in the Kernel disputed the idea of covering, painting over or removing the mural, all options which would have destroyed an artwork that depicts some of Kentucky's history.

The fact that the mural depicts the not-so-pleasant reality of strife between settlers and Native Americans or the shameful legacy of slavery is no grounds to remove it. Simply because not everyone is proud of a certain aspect of Kentucky's history is absolutely no reason to cover over or destroy this work. That amounts to out-and-out censorship, hardly the action a

progressive-minded educational institution should be taking.

That same April editorial in the Kernel also states that plaques or markers would indeed be useful for the mural, but instead of highlighting the controversy over the mural — merely a symptom of the real issue — the markers should explain the actual historical scenes pictured, thereby attacking the root of the problem.

The fact that this issue is still up draining time and resources is also a cause for concern.

Certainly there must be more pressing issues for SG to be addressing than a 72-year-old mural which does nothing more than truthfully depict the past within Kentucky's borders.

It's time to move on and make this issue itself a piece of history, and most certainly it should be relegated to a minor footnote, barely even a hiccup in the grand scheme of things.

The past is the past, and seeing as how we cannot change the events as they happened, we should not try to change how they will be represented, with the exception of improving our knowledge and truthful depiction of the events.

There's nothing wrong with explaining history, either. Making sure history is understood in its proper context is noble and necessary. But we see no reason why this matter should continue to waste anyone's time, least of all that of the representatives of the student body who already have plenty of other more important student concerns to be worrying about.

Understanding the past is good; moving on is best. Explaining the Memorial Hall mural benefits everyone, but closure on this issue is long overdue.

Authorities overzealous in enforcement of new sex offender law

Fayette County sheriff's deputies didn't waste a minute on Wednesday before starting to enforce a new state law limiting where sex offenders can live.

Instead, deputies began seeking out registered sex offenders and making arrests at 12:01 a.m. on the day that the law took effect, according to an article in the Lexington Herald-Leader last week.

Regardless of the constitutionality of this law, which prevents convicted sex offenders from living within 1,000 feet of schools, daycares and public playgrounds, Fayette County officials' approach to enforcing it is unfair to sex offenders who already served their sentences in prison and have been released by the justice system.

The 50 sex offenders who the sheriff's deputies initially targeted were not wanted by police on Tuesday, yet they were wanted as soon as Wednesday began at midnight — even though they had not committed any new crimes.

Deputies did not need to start making arrests as soon as the law took effect — sex offenders who had been in good standing for years did not suddenly become threats at midnight.

Fayette County was alone in choosing to enforce the law so strictly. In Louisville, where there are over three times as many registered sex offenders as in Lexington, metro police chose instead to only write citations

KERNEL EDITORIAL

for violators of the new law.

"We made that decision because it was a new law," said Louisville Metro police Lt. Dan Assef of the Crimes Against Children unit in the Herald-Leader article.

As of Wednesday night Louisville police had cited about eight offenders, in contrast to the 17 offenders Fayette County sheriff's deputies arrested.

The Kentucky State Police are also not aggressively enforcing the law. Trooper Mark Applin, a public affairs officer for KSP, told the Associated Press last week that state police will investigate complaints but are not actively identifying and seeking out offenders.

To be released from jail, offenders must show that they have found a new residence that is not in violation of the law. Doing so may prove difficult though, considering the proximity of schools, day cares and playgrounds to most residential areas. For instance, downtown Lexington is rendered virtually off-limits by the new law.

Until a court overturns the law, local and state police must enforce it. However, Fayette County authorities have chosen to be too strict in their enforcement and are putting unnecessary hardship on sex offenders who have already served time for their crimes.

LETTERS TO THE EDITOR

Political candidate deserves respect

It is not often that I read an article with astonishment for the fact that a person was improperly addressed. But I could not help but be surprised when reading Friday's "Local Politicians Address Staff Senate" article, which addressed a state senate, 12th district candidate as "James Keller." Has all etiquette been forgotten? Justice Keller served for nearly two dozen years on Fayette Circuit Court, as well as a full term on the Kentucky Supreme Court. Though he is retired from the bench now, it is only proper to still address former Supreme Court Justice Keller with a title, respecting his achievements and service.

Katie Tomplin
political science and telecommunications senior

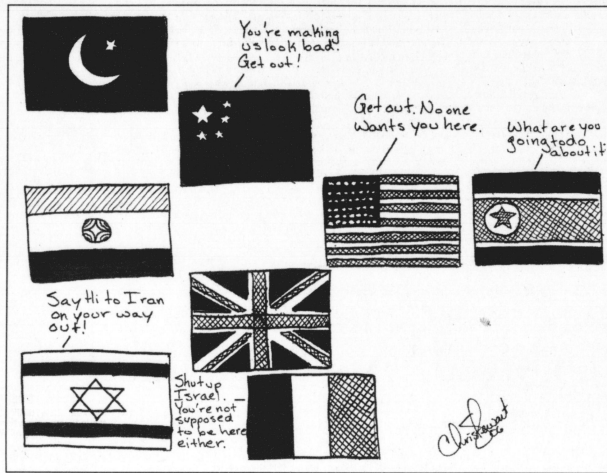
Kernel cartoon appalling, not funny

So as I am sitting in my classroom reading the Kernel, as I normally do, I come to the opinions section. As always, I expect to see a couple of articles written by people who have the talent to express their ideas in a well thought out and organized manner. They say what they want to say but they do not cross any lines. They

do occasionally get close, but for the most part they are very professional. After I am done reading the opinions I look at the cartoon drawn for the day, and usually it is pretty funny.

But today (Oct. 12, 2006) was a different story. The cartoon was in reference to the recent school shootings happening all over the nation, and it was supposed to be an advertising ad for Kevlar. This crossed a line that no other article in the Kernel has come close to crossing. Whether the majority of people found it funny or not, to draw a picture of people wearing Kevlar and looking happy about it is just a horrible thing. I'm sure the countless families of school shooting victims, if given the chance, would also state their disgust for a totally inappropriate picture. To even come close to joking about such a serious issue makes me wonder what the "artist" of this picture was thinking about when drawing it. They obviously were not thinking about the parents that had to bury their own children or the siblings that just had their brother or sisters taken from them. Because I am pretty sure that if the so-called "artists" did have these people in mind, then they would have gone on to draw another picture about something less serious than the murdering of countless innocent people.

Todd Burns
mathematics graduate student



CHRIS STEWART, Kernel cartoonist

Quit wasting time: Go tell them how you feel

Guys, man up. Ladies, stop obsessing. You're sitting here reading this column when there's really only one thing you can think about.



DARIUSH SHAFI
Kernel columnist

Or rather, only one person you can think about.

Things were just peachy before this person wandered into your life. You had plenty to think about with classes, social activities, jobs and whatnot. You thought your life was complex enough.

And then that special someone had to come in and mess things up. You can't remember the first thing about congressional politics for your midterm and don't have the slightest idea what topic you'll write for that huge essay that will suck up an unholy amount of your grade.

But you still remember what she was wearing the first time you saw — REALLY saw — her. That perfect moment might as well be etched into your mind, because time stopped, the lights somehow seemed brighter than their normal campus dimness and for one eternal instant you felt complete, in total harmony with the universe.

And now, everything else has to fight for your attention.

Better find some way to get rid of

all those meal plans left on your card, because you'd rather starve to death than miss one minute of quality time with him. Your mom is furious because you say you never have time to call her and yet you're always bumming money to pay your cell phone bill — and who knew 600 anytime minutes and free nights and weekends wouldn't be enough?

Speaking of your cell phone, the only reason that her number is in your cell phone is in case you have catastrophic amnesia. You couldn't forget that number if you tried.

Meanwhile, thank God for Facebook, right? Those news feeds keep you up to speed on everything he is up to. You may feel slightly like a stalker, and with good reason. You've lost count of how many times per day you glance at her profile and let your eyes glaze over. Don't feel bad. You're really not the only one, and being head-over-heels for that special someone is a pretty good ailment.

But now, here you sit, newspaper in hand and a dumb look on your face. He might even be nearby, but you let precious seconds tick away. Time is sand slipping through your fingers, and you know it. Yet you continue to sit, wasting your life away and agonizing over that cosmic, infinite question: "What if?"

It's loaded with possibilities, so many ways the story could end. You already know her answer if this story ended the way you wrote it. And yet your hand won't pick up the figurative

pen. It's time to put an end to this. There's an old saying, straight from the Bible: "Where your treasure is, there your heart will be."

Follow your heart, find your treasure. Leave nothing unsaid, because you never know if the chance to say it will be around tomorrow.

Walk, run, ride, drive, pedal — pick whatever way you have to get to her. Call him, tap him on the shoulder, wave a neon posterboard with hastily-scribbled words — get his attention.

You have something to say, and not saying leaves the door open for something else...

There's another "What if?" and it's not the one you want. What if tomorrow everything changes? What if your opportunity, your one shot at trying to make it work, was gone?

Scared of failing? So was I.

Two weeks ago, I followed my heart and I told the person I cared about how I felt.

She said no. I had trouble believing that I was better off knowing, but you know what?

I'm glad she knows. I'm glad I know.

And you will be too. I wish you the best. Let me know how it goes.

Darius Shafa is an English and journalism senior. E-mail: dshafa@kykernel.com

Submissions

Send a guest column or letter to the editor to Opinions Editor Wes Blewins.

Please limit letters to 350 words or fewer.

Be sure to include your full name, class and major with all submissions.

E-mail: opinions@kykernel.com

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The Kernel is looking for new columnists to write for the Opinions page on a regular basis. Columnists of all interests will be considered, but The Kernel especially seeks those who have an interest in campus and local issues.

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ACROSS 1 Talk online, 2 5 Sounds of relief, 3 Right on the map, 4 Flying prefix, 5 1802 upstart candidate, 6 Combo in a small jazz club, 7 Utterly self-satisfied, 8 Shilling's five, 9 Classic car in the Beach Boys' "Fun, Fun, Fun", 10 It's strummed in Maui, 11 "The Sopranos" network, 12 The Wizard of Menlo Park, 13 Practically silent, 14 Auntie's mate, 15 Hot sauce, 16 Vite in, 17 Went first, 18 Terminated, 19 Oven pan, 20 Caesar's 1,011, 21 Quite active, 22 50 Type of foods or assets, 23 "The Walrus": Beatles hit, 24 "Hollywood Squares" win, 25 Writer Jong, 26 Sealy competitor, 27 Completely undressed, 28 Faucet fault, 29 Twangy, as a voice, 30 Like much fine wine, 31 On the briny, 32 One of a Disney septet, 33 Fifth Avenue retailer, 34 ACROSS, 35 Arizona tribe, 36 9 Sound, 37 re-production systems, 38 Inspire, as curiosity, 39 Pervert, in slang, 40 Battle ship on a Monopoly board, 41 Money you owe, 42 Cite as evidence, 43 Cheerios grain, 44 "Time - My Side", 45 Canada's largest pop. in area, 46 By choice, not in the phone bk., 47 Skating surface, 48 Taco topper, 49 Helps with a host, 50 pass at: flirted with, 51 ___ city south of Oakland, 52 How uncut grass goes, 53 License-issuing agency, 54 Computer file name extension, 55 Surf board member, 56 "The Foundation" novelist, 57 Baseball score-producing stat, 58 Bet taker, 59 Effortless, 60 Specimens on microscope slides, 61 Jane of "Barbarella", 62 Corp. board member, 63 "The Foundation" novelist, 64 Baseball score-producing stat, 65 Bet taker, 66 Effortless, 67 Specimens on microscope slides, 68 Jane of "Barbarella", 69 Surf sounds, 70 Eyewitness's words, 71 Durango, 72 dwelling, 73 Not quite closed, 74 Capital of Latvia, 75 Voyage with, 76 Tantalus, 77 Toppin', 78 HPGA rating group, 79 Sitcom creature from outer space, 80 32 Line above the equator: Abbr., 81 33 Figures out, 82 Alienate, 83 Don't twist, 84 Say, 85 Start of a Hersey treat, 86 "Hog" mother, 87 "On Golden Pond" birds, 88 43 Arm stiffeners, 89 44 Teammate of A-Rod, 90 PDA notation, 91 Law office hiree, 92 Martinez of baseball, 93 "They ___ last week!", 94 What may be bare or square, 95 H.S. class, 96 Appetite stimulant, 97 Rival of Billie Jean, 98 Bliss, 99 Magazine measurement, 100 Charade, 101 Misses, 102 Finds a home, 103 Pick up, in a way, 104 Default consequence, 105 Robbie's dad, 106 Nose, 107 Like clear skies, at times, 108 Purity unit

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MADNESS

Cont. from page A1

scrimmage. "I'm excited about it."

But the young brethren weren't the only ones making an impact.

Junior Ramel Bradley led the team on offense and looked comfortable in his new role of starting point guard.

Randolph Morris seemed more energized and had the highlight of the scrimmage, when he took a rebound at one end of the court, spun off a defender in transition and finished with an up-and-under lay-in.

Smith said not having the uncertainty about Morris' eligibility benefited the junior center tremendously this summer.

"He's excited about this year," Smith said. "Last year he wasn't certain about his status and I know he's excited."

Several times during the scrimmage, the 23,312 fans in attendance - a national record for spectators at a practice, besting the previous record that was the 23,174 Big Blue Madness last year - chanted the names of the three recruits that were visiting - Patrick Patterson, A.J. Stewart and Jai Lucas.

The trio got a glimpse of the environment in Rupp Arena and the reception former UK players get when they return.

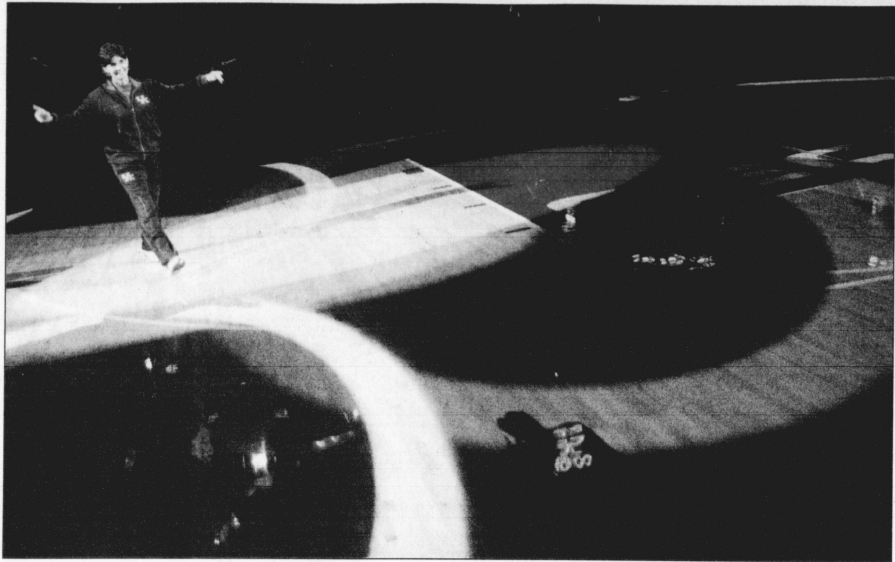
Kyle Macy was on hand to emcee the event and spent much of the time reminiscing about his playing days.

But unbeknownst to the fans - and Macy himself - he joined in on the playing.

Senior forward Bobby Perry affectionately called out Macy and challenged him to a 3-point shooting contest. Perry won 10-9.

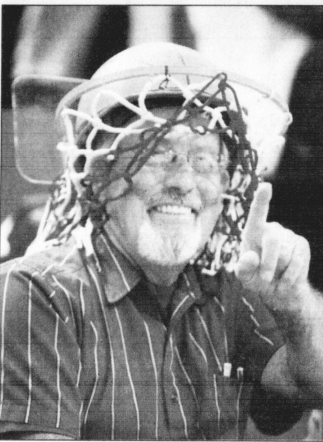
After the scrimmage, Smith took one final chance to address the fans.

"We've got the greatest fans in the world," Smith said. "This is going to be a great year, I promise."



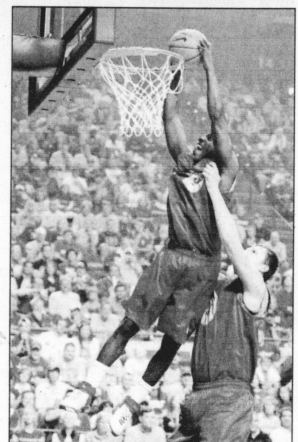
Above: UK women's basketball head coach Mickie DeMass waves to the audience as she enters the court at Big Blue Madness in Rupp Arena on Friday night.

KEITH SMILEY | STAFF



Left: Russ White cheers during Big Blue Madness at Rupp Arena on Friday night.

HILLY SCHIFFER | STAFF



Right: Junior guard Ramel Bradley gets some help from senior center Lukas Obrzut during the dunk competition at Big Blue Madness on Friday night. Freshman guard Derrick Jasper was declared the winner of the competition.

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Kentucky Kernel

Unwind

Monday, October 16, 2006

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Alison Behrman & Justin Schroeder

Pencil YOU In: Scheduling Time to Unwind

By Sherrell Watson
Guest Writer

Many people underestimate how stressful it can be to be a full time student. With school, work and being active members of clubs and organizations, our workload can often be heavy.

It is essential that you schedule a time within your busy schedule to focus on you. Try not to answer your phone or check your Facebook or email during this time because those things will still be there when you are finished relaxing. It is also important that you make an effort not to add more stress in your life. Don't wait until the last minute to do things and don't over-book your schedule.

Everybody finds different activities to be soothing and relaxing. Some students prefer to choose a simple activity to help them unwind after a busy day or week.

"Turn that music on," said Maurice Sanders, a senior Integrated Strategic Communications major from Radcliff, Kentucky. "That's what gets me relaxed in no time."

Listening to music is a good way to unwind, but it might not be the right activity for you. Pick an activity that is soothing for you and stick to it. Here are some of



Alisa Oerther

Listening to music is a great way to relax.

the top activities that college students use to unwind and relax:

Take a nap

Scheduling a 20 minute nap in between classes or before you do your homework is a quick way to relieve some stress. Sleeping for longer periods of time can actually make you more tired and groggy.

Take a warm bath

Taking a bath in the evening is always a way to unwind. This experience can be even more relaxing if you add aromatherapy bubble bath and bath salts to your water.

Try taking a yoga class or doing light exercise

The Johnson Center offers group fitness courses everyday including classes in yoga and Pilates, which are perfect to relax your mind and body. If you don't feel like going to the Johnson Center, stretch for a few minutes on your own. Stretching each day will ultimately reduce the amount of tension your body has.

You should never have to break your bank in order to unwind. When your mind and body are stress free, you can gear your focus onto more important things.

This Section is a PR Supplement to the Kentucky Kernel

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Calling All Gamers

By Alisa Oerther
Kernel PR

The gaming industry is making a huge comeback. In this day and age gaming has become ever popular with college students. Video games and poker are played in almost every college home. Whether it's Mario Brothers on Nintendo, Saint's Row on XBOX, or a five-dollar Texas hold 'Em game with your friends on a Sunday night, many people are using these games as entertaining, de-stressing, moneymaker or money taker.



FullTiltPoker.com has free tournaments where you can play against people all over the world. On the site you can also look of free tips from the pros.

Playing poker with your friends is still very popular, but a new fad is playing online. If you Google online poker you will receive over 65 million results in eight seconds. However, in Kentucky gambling online is illegal. The solution: many online sites allow people to play in tournaments for free and legally.

Many people use these sites to practice their skills, increase their knowledge about different card games, or just to have fun. Texas Hold 'Em is the most popular tournament people play online. Other games and tournaments that can be entered include Seven-Card Stud, Omaha, Five-Card Draw, Blackjack and many more. On these sites you can play against people of all ages from all over the world.

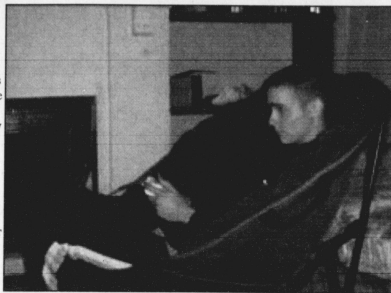
Kyle McCandless, an Integrated Strategic Communications junior, stated, "ParadisePoker.com offers free rolls and if a person wins only one, they can compete in a free tournament with the chance of winning \$1 million." FullTiltPoker.org offers many free games and they offer the chance to chat with the Pros like Phil Ivey and Chris Ferguson.

After practicing your skills on many of these sites, you are sure to have better luck when playing with your friends. Poker is still and will always be a way for men to have their "guys nights" and have a little competition between friends. Many people have their own casino night at home including a table for 8 that has a cup, chip, and card holder for each player. Most avid players have their own lucky chip and card sets. "Being able to play face to face with your opponent, especially when it is a friend, is more fun than playing online because you can see their expressions, and you can call their bluff," explained Kyle McCandless.

Almost everyone has owned one of the following sometime throughout their lifetime: Atari, Nintendo, Super Nintendo, Nintendo 64, Game Cube, PlayStation 1 and 2, XBOX, XBOX 360, Sega, Sega Genesis, Game Boy, etc. Video games have been around for years starting with the Atari system in 1972. The games these days are so high tech that you can play against people all over the country while talking to them. This can be an expensive and time consuming hobby. "I play my XBOX 360 about three hours a day, but I would play more if I didn't have school," explained Patrick McDermott, a political science undergrad. Games range from \$2 Nintendo games at a pawnshop to about \$60 for the

newest games. Some systems can be \$600 and up if you buy on eBay.

Some believe that playing video games helps de-stress



Chris Kurtz is concentrated on being a gang leader in Saint's Row on XBOX 360.

Alisa Oerther

because you can do things that you can not do in real life. Some people can become Tiger Woods, or others can be a leader of a gang. Video Games today are not just a hobby they have become a big part of some people's everyday life. Patrick McDermott thinks that the best new games coming out are Splinter Cell: Double Agent, Tiger Woods PGA Tour 2007 and Gears of War. The next system coming out in November is PlayStation 3, which will be about \$600. The next system coming out for Nintendo is the Wii.

Gamers are all over UK's campus. Use these video and poker games to reduce stress, not study it. Many people are spending the time they could be studying playing games, and they end up cramming for their next test. Also, playing most of these games means spending hard earned money. Students must remember, these games are made for fun and excitement. Keep in mind, it is just a game.

The Secret to Good Sleep

By Melissa Riggs
Kernel PR

Did you know that the number one cause for lack of sleep is stress?

If you are having a sleep problem or feel sleepy during the day it may be caused by stress. In general, it is important to try to get a scheduled eight hours of sleep and follow this routine as regularly as possible - even on the weekends. Here are a few tips many people have found to be useful to achieve great sleep.

- 1) Avoid caffeine, nicotine and alcohol in the late afternoon and evening. Caffeine and nicotine can delay your sleep, and alcohol may interrupt your sleep later in the night.
- 2) Exercise regularly, but do so at least three hours before bedtime. A workout after that time may actually keep you awake because your body has not had a chance to cool down.
- 3) Don't use your bed for anything other than sleep. Your bed should be associated with sleep and only sleep.
- 4) If you have trouble sleeping when you go to bed, don't nap during the day, since it affects your ability to sleep at night.
- 5) Consider your sleep environment. Make it as pleasant, comfortable, dark and quiet as possible. Check your room for noise or other distractions, including a bed partner's sleep disruptions

such as snoring, light, and a dry or hot environment. Consider using blackout curtains, eye shades, ear plugs, "white noise,"



Jesse Vice

There are many sleep aids to choose from, however most are addictive.

humidifiers, fans and other devices.

6) Sleep on a comfortable mattress and pillows. Make sure your mattress is comfortable and supportive. The one you have been using for years may have exceeded its life expectancy - about 9 or ten years for most good quality mattresses. Have comfortable pillows and make the room attractive and inviting for sleep.

7) Establish a regular, relaxing bedtime routine that will allow you to unwind and send a "signal" to your brain that it's time to sleep. Avoiding exposure to bright light before bedtime and taking a hot bath may help.

8) If you can't go to sleep after 30 minutes, don't stay in bed tossing and turning. Get up and involve yourself in a relaxing activity, such as listening to soothing music or reading, until you feel sleepy. Try to clear your mind; don't use this time to solve your daily problems.

Another suggestion can be certain home remedies that can be found at your local grocery store. Hot tea or warm milk have been age-old tricks for sleep aids. Drinking warm beverages before sleep can be great to calm an upset stomach. "Sleepy Time Tea", also known as peppermint and chamomile herb tea, is great for calming the nerves and helping you relax.

The Fast Track to Relieving Stress

By Jesse Vice
Kernel PR

College is stressful. Whether you are in pharmacy school or the person who is always at last call at the bars, stuff happens in these wonderful years of life. Many people do not know how to deal with stress so they chose unhealthy methods to cope.

Being at the library for days at a time can make anyone a little edgy. A nice nicotine fix would really relieve the tension, right? Wrong. Cigarettes do not actually calm nerves; they shred them and are obviously a cause for cancer, emphysema and other diseases of the lungs. There will be way more to stress about when hooked up to an oxygen tank for the rest of your life.

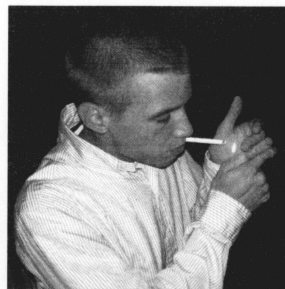
A nice way to deal with studying for tests or exams is to obviously plan ahead so that there is enough time to get in some exercise. Whether it is jogging, yoga, Pilates, or just a brisk walk around William T., getting the blood flowing is critical for getting the brain to work, plus your heart will thank you for it later.

Many young males also like to work out their stress with video games. Believe it or not there is actually a rehabilitation center in Colorado that deals with Madden addicts. I

wouldn't be surprised if a few fellows from UK could benefit from a trip out west. Spending hours in front of the screen isn't good for the old blinkers, especially in the dark. It is important to play in intervals and possibly look at bike riding or heading over to the Johnson center once in a while. Being sedentary in front of the tube all day isn't good for your body or your love life.

When anxiety runs high Mother Nature will do the trick. Even just sitting outside for a few minutes to think will lower stress. It is important to leave time for yourself everyday. Nobody is going to take care of you but you. Also, spas are a nice option. Splurge on a therapeutic massage or a pedicure (boys can get pedicures too). If money is an obstacle, there are nice ways to treat yourself at home. After a hot, steamy shower rub scented lotion all over your body and lie on your bed for ten minutes and meditate. This is great for clearing your head and your pores.

Caffeine is also a problem for stress-afflicted students at the local coffee shop. Opting for a nice, caffeine free herbal tea is soothing as well as better for your heart. Finally, do not wait until the last minute to study. Procrastination is the breeding ground for nervous tension and bad habits. Studying ahead of time while taking short breaks is the best bet.



Jesse Vice

Jojo Egges lights a cigarette. While you may enjoy smoking, be aware of the hazards to your health.

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Coffee Bean Queen

By Toru Tanaka
Guest Writer

The five senses rarely function at the same time, but a cup of coffee can make that possible soon.

The grand opening of a new coffee shop right next to campus is coming soon. With its aromatic atmosphere and select coffee beans from around the world, Island Oasis will offer a completely new experience to the UK community.

Island Oasis is planning to have bamboo and tobacco sticks hung on the ceiling and tropical plants and stones for an island feeling. With mood lights and a unique interior, the place becomes unlike any other coffee shop.

The concept of Island Oasis is "relaxed but impressed" and "elegant but primitive," said Stephen Sawyer, a designer for the coffee shop. Sawyer hopes people can "feel the sense of global community where all races are appreciated."

The coffee shop plans to hire different races with different backgrounds to represent what coffee is truly about. Coffee is the most consumed beverage around the world and connects people internationally.

Single origin coffee, which means the beans are originated in one coffee plantation and rare for coffee shops these days, will be offered at the coffee shop. One hundred percent Jamaican Blue Mountain is also on the list as well as other pure



Island Oasis, a new coffee shop located at 383 Rose Street, should be open by the end of October.

Charis Watkins

and blended coffees. "They are all totally different in taste," said Sawyer.

"We want to treat the plantations with respect," said

Sawyer. Island Oasis wants to make it clear where the beans come from and plans to hang the pictures of the plantations they do business with.

Sawyer, who graduated from UK, also said he wants to get involved with the UK community and plans to have fun stuff for UK students such as nominating the "Coffee Bean Queen."

There will be a big screen TV to promote a relaxing atmosphere. Island Oasis will also offer free wireless Internet access, and there will be a high speed ethernet plug-in available in every seat.

The coffee shop will be suitable for both individuals and groups. A student can come in and feel comfortable to study. Combining two top-tables allows about 20 people to sit together at one table.

"We want to represent what coffee represents," said Troy Lee, the owner of Island Oasis. Knowing the complicated and long history of coffee, Lee hopes to bring the genuine coffee culture to Lexington.

Lee hopes to have the chance to educate people with his "good location and good concepts" coffee shop. Students will hopefully be able to relax at Island Oasis by the end of October.

Island Oasis will be located at 383 Rose Street, next to Blimpie on the corner of Rose and Euclid. The hours of operation have yet to be decided.

Organize Your Life

By Kristin Hogue
PR Writer

Being unorganized causes unneeded stress. According to About.com, there are several myths involved with organization. Too many people assume that to be organized means you have to be neat, clean, plan every minute of the day and have no fun. But that is not true.

In fact, someone who is organized is simply able to "use a structured system that allows you to find everything you need when you need it, and you get everything done when it's due—

without frustration, chaos or stress," according to Maria Gracia in her article, *Dispelling the Top 7 Myths About Being Organized*.

In order to relax completely, things in your life need to be organized. Different areas that should show organization include your time, where you live, your schoolwork and your finances. Once these areas have structure, it will be easier to relax.

For a more organized life, you can try one or more of these ideas:

Tidy up your living space

Things are a lot easier to organize when clutter is out of the way. And it is much easier to study at a clean desk or kitchen table because there are fewer distractions.

Form your own organizational system

This may mean incorporating a filing system for your important documents or even something as simple as putting all of your school supplies together in a box on your bookshelf. Once like objects are stored together, it will be much easier to find something when it is needed.

Balance your checkbook

There is nothing more stressful than having a problem with a bank account. To ensure you don't spend what you don't have, keep your finances organized. This can be done in whatever way makes you comfortable; it may mean writing on a calendar the dates your bills are due and balancing your checkbook once a week.

Write it out

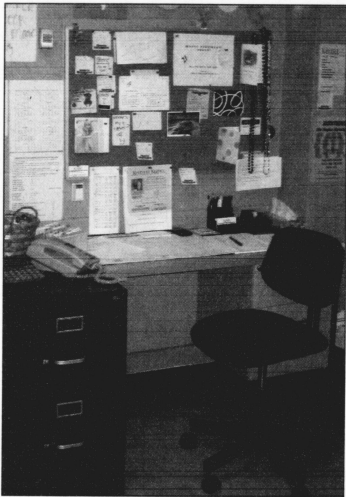
According to the organizing pros at lifeorganizers.com, the best ways to stay organized are to make lists, plan things out and utilize day planners. Try beginning each day with a list of things you need to get done that day and cross things off as you finish.

Set goals and deadlines for yourself

This would especially help in organizing school work. If a major paper is due in one week, set a goal of writing a page a day. Overall, this feels a lot less stressful than writing seven pages in a much shorter amount of time.

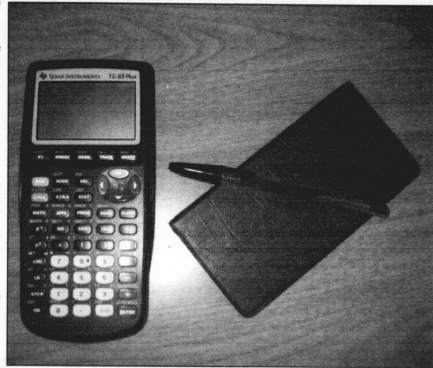
Budget your time

Don't allow yourself to be busy every minute of the day. You need to have time to unwind.



Alisa Oerther

An organized and clean work space will help you get things done faster.



Alison Behrman

Balancing your checkbook will help you keep your finances in order.

"Dessert" Your Cares At Rossi's

By Melissa Riggs
Kernel PR

Time to indulge yourself with a treat Lexington has to offer: Rossi's restaurant.

Rossi's offers fine American cuisine and a little taste of everything. I was lured into the restaurant by smells of chocolate and spice. So I followed my nose all the way to a dessert by the name of sin. Their one-of-a-kind Sin Cake, a flourless chocolate cake topped with crushed pistachios. This is a dessert that will melt in your mouth and help you forget whatever stresses you might be enduring. Other desserts that stand up to the chocolate cake are their Carrot Cake, drizzled with a caramel bourbon glaze sauce, Vanilla Crème Brûlée, Tiramisu, Cheesecake du Jour and many more unique desserts you can find on their Rossi's offer fine American cuisine and a little taste of everything. Rossi's is located at 1060 Chinese Road by Kruger Shopping Center.

will help you unwind for sure with each bite of savory goodness.

Rossi's menu is filled with many unique items, other than desserts, that only they have to offer around Lexington. The award winning, twice grilled, Rack of Lamb that won "Taste of the Bluegrass" best entrée can also be ordered as an appetizer. Other award winning appetizers are their Sea Horses, which are fresh sea scallops, pan seared, wrapped in prosciutto to ham and topped with homemade hollandaise. Or order the Coconut Crusted Ahi Tuna to start with. Bleu Cheese Chips are great to share, made with homemade potato chips topped with bacon, scallions and bleu cheese. Like Calamari? Theirs is

the best in town.

Executive head Chef Rod Jones stresses how important it is to him that all the food served is freshly prepared, home-grown and homemade.



Jesse Vice

Rossi's offer fine American cuisine and a little taste of everything. Rossi's is located at 1060 Chinese Road by Kruger Shopping Center.

"Many of our ingredients are grown in Kentucky. Local farmers provide most of my vegetables. Most of my seafood is caught the morning that it is served. Our steaks are guaranteed fresh and cooked to perfection. I make sure of it," said Chef Rod.

Chef Rod prepares popular menu items such as his Butcher's Cut Rib-eye, topped with Kentucky grown mushrooms and a roasted garlic demi-glaze. Bourbon Glazed Shrimp and Scallops, Char-Grilled Pork Tenderloin, Chilean Sea Bass and pastas such as his Basil Pesto Rotini are some of Rossi's entrees. Rossi's has a lot to offer with a little of everything.

"At Rossi's people come into the restaurant knowing what to expect; great food and great service," General Manager John Calabrese said. Calabrese can help set up private parties in the loft area. The loft is great for meetings, dinner parties and even celebrations. "We can cater a menu you desire as well as reasonable prices," Calabrese said.

For all the people that enjoy drinking a nice glass of wine to help you unwind, Rossi's offers an impressive wine list. Anyone can find a wine that they will fall in love with. The servers would love to help you pair a food item with the wine of your choice to make your visit even more enjoyable.

On Tuesdays, Rossi's is known for their "half price wine night," where a bottle of wine is half the wine list price.

Rossi's atmosphere stands out because of its unique design.

Amanda Irwin, a junior Interior Design student at UK, works at Rossi's. She has experience in restaurant design and describes the environment as "contemporary, with a sophisticated upscale style. It is simple with a touch of bold color and low light lighting, perfect for an intimate dining experience," Irwin says. So bring your friends or your date and enjoy an evening to unwind.

Rossi's will be happy to set you up with a reservation, just give them a call at 335-8788. They are open for lunch and offer fabulous Sunday Brunch from 11 a.m. until 2 p.m. Head over to Rossi's and find something that you love. Rossi's is located at 1060 Chinese Road.

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Beauty that Doesn't Break the Bank

By Sarah Willis
Kernel PR

Stress. The word seems to describe college students all too well. We constantly try to unwind, but it seems like when one stressful thing leaves our life, five more appear. And when we do finally get the opportunity to unwind, who has the money to go to an expensive spa? Everyone wants to look their best, but forget paying the extra money to buy expensive beauty products. There are a number of simple beauty treatments that we can use with things that are easily available in our homes or at our local grocery store. It is cheaper to buy the ingredients and concoct something yourself, and you typically get more of it. Here are some in-home beauty products to help you de-stress without breaking your budget.

Facemasks are great for unwinding and they leave your face feeling soft and refreshed. If you have normal skin, try this recipe from Spalindex.com for a Chocolate Facial Mask:

- 1/3 cup cocoa
- 3 tsp. heavy cream
- 2 tbsp cottage cheese
- 1 cup honey
- 3 tsp. oatmeal powder

Mix all of the ingredients together and smooth onto face. Relax for 10 minutes, then wash off with warm water.

If you have oily skin, Spalindex.com's Avocado Oily Skin Masque is for you. If you have dry skin, try their Almond-Mayonnaise Scrub, which will exfoliate and moisturize your face.

Tiredness and lack of sleep seem to be all too common to college students. But these things are also major contributors to dark circles under the eyes. Not to worry, the Cucumber Eye Gel from Spalindex.com is a great fix.

- 1 tsp. Aloe Vera gel
- 1 tsp. fresh cucumber juice
- 1 tsp. cornstarch
- 1tbsp. Witch hazel

Mix together aloe, cucumber and cornstarch. Heat until just boiling, about one minute in

microwave. Remove from heat source and stir in witch hazel. Stir well and allow the mixture to cool completely. You should have a clear, jelly-like cream. Spoon the mixture into a small clean jar. To use: Dab a small amount under your eyes and be careful not to rub or pull the delicate skin under your eyes. Store in a cool place.

There are also tons of great recipes for products for the rest of your body. Spalindex.com has a great Moisturizing Body Scrub for your whole body and a Strawberry Hand and Foot Exfoliant that will leave your hands and tootsies soft and touchable. They also have a Beer Hair Rinse to make your hair shiny and a Lemon Lip Gloss to give you kissable lips.

All of these recipes should only take a few minutes to put together.

Don't want to concoct anything? If mixing stuff up in the kitchen isn't really your style, try these at-home products that make little to no mess and are a little simpler than the products already mentioned.

Beauty.Lovelandia.com says to remove eye puffiness, massage a drop of fresh castor oil on the area where it is puffy. You can also use cucumber slices or cotton pads soaked in milk to remove that "stayed up all night studying for an exam" look.

Use hot water fermentation on your lips, then apply a mixture of Vaseline and honey to keep your lips from chapping. This will keep your lips kissable for about a week.

To add extra shine to your hair, Beauty.Lovelandia.com suggests using two tablespoons of malt vinegar on your hair after conditioning. Rinse, then towel dry.

Nothing says beautiful like having a bright white smile and changing your diet can be a simple way of keeping your smile bright. Eating hard foods such as an apple or celery will help scrape the built-up plaque off of your teeth. Adding a slice or two of Swiss, cheddar or Gouda cheese to your diet will help prevent cavities. And foods high in calcium, such as nonfat yogurt, will help your teeth stay white.

Making yourself feel beautiful will help you wash your cares away. So help yourself unwind without the added stress of cost.

Finding Relief through Exercise

By Jill Fawbush
Guest Writer

Midterms are here. Half of the semester is already over and it feels as though classes just started. Not to worry, because the most recommended antidote is to take time out, relax and relieve the added stress simply by exercising.

According to the American Council on Exercise, twenty minutes a day is all it takes to feel more relaxed, less anxious and an overall relief. Fortunately for students, the university offers some necessary tools for relieving stress at the Johnson Center.

"Exercise is a stress-reliever and what works for one person might not work for someone else," said Lindsay Holzwarth, group fitness coordinator at the Johnson Center. "Students come here not only for fitness, but for the social atmosphere that to relieve stress."

The Johnson Center not only provides all the equipment that a student could ask for, but they also offer group fitness classes, personal trainers, free fitness assessments, and outdoor fitness and sport programs. Yoga, Pilates and absolute abs are just some of the group fitness classes offered that many students partake in.

"Whenever I am feeling stressed, running outside, yoga and Pilates always makes me feel better so I can get through the day," says Ali Lesousky, a dietetics junior. "Staying healthy is important to me and I have to exercise to keep from going crazy with the stress of school."

Exercise is effective for relieving stress because of the endorphins that are released, especially in cardio exercises. According to an article from mayoclinic.com, endorphins are chemicals that block pain signals from

your body emotionally, mentally and physically.

"It is important for students to exercise and deal with reducing stress now to better themselves later on in life," says Casey Gilvin, personal trainer coordinator at the Johnson Center. "Total wellness is important and around midterms and finals are prime times to be relieving stress with exercise."

Although there are different ways and preferences for reducing stress, exercise seems to be the most common physical outlet for students. Even if you are not into organized or strenuous exercises, walking or running around campus can also be a way to take a break from stress.

Managing stress is essential for surviving college. "If you are going to get your degree without losing your mind, you've got to take care of yourself," according to an article from the University of Alberta Health Center.

Whether you need a long strenuous workout or a short, stress-relieving solution, exercise can be very important for the over-stressed college student. For further information, the Johnson Center provides plenty of help, assistance and exercise tips to all students.



Meredith Scheine practices Pilates in her living room. Meredith says she does Pilates four days a week to strengthen her muscles and relax.

Jesse Vice

The Great Outdoors

By Kristin Hogue
PR Writer

Enjoy several outdoor places to relax this semester:

One of the local parks

Some of the larger parks in Lexington are Shillito, Jacobson, Masterson Station, Douglass, Castlewood, Veterans and Woodland. These parks, located all around the city, are good places to have picnics, fly kites, run, play a number of sports, or even host a good old fashioned game of hide and seek.

Area apple orchards

There are several orchards in the Lexington area. A good way to unwind this fall may include a trip to one of these orchards. Pick some apples, sample some cider and purchase a pumpkin. Check out Amerson Farm Orchard or Double Stink Hog Farm (both in Georgetown), or Boyd Orchard in Versailles. See www.kyagr.com/wdbcgi/wdbcgi.exe/kda/kda.s for a complete listing of orchards throughout the state.



Jesse Vice

The Arboretum is one of many beautiful parks around Lexington. The Arboretum offers a two-mile track and a variety of gorgeous flowers.

Lexington Farmer's Market

If spending the morning amongst local farmers sifting through farm fresh produce would calm your nerves, check out one of the four markets throughout the city. These markets are four days a week throughout the season, mid-April through late November. See the web site for more information: www.lexingtonfarmersmarket.com.

Hamburg Pavilion

Some people ease stress by shopping. The next time a pending exam or an overdue paper is driving you crazy, head down to Hamburg for an afternoon of shopping and dining with friends, located just off Man O'War Boulevard.

Country drive

This is the heart of the Bluegrass, so take advantage of it. There are dozens of old country roads and scenic routes in the area. And what could be more relaxing than driving with the windows down past historic sites, white fences and horse farms?

The Arboretum

Need to unwind but don't have a mode of transportation to get around? The Arboretum is 100-acres of green space located in downtown Lexington off Alumni Drive, on UK's campus.

Raven Run

Raven Run is a 3470-acre nature sanctuary in southeast Fayette County and offers various trails through scenic areas. It is a wonderful place to hike and spend the afternoon in nature.

Area golf courses

A great way to spend a Saturday afternoon after a long week of exams is to pick up the clubs. There are over 20 golf courses in the Lexington area for you to utilize.

Top Ten Ways to Relax

1. Breathing Exercises
2. Meditation
3. Guided Imagery
4. Visualization
5. Self-Hypnosis
6. Exercise
7. Muscle Relaxation
8. Sex
9. Music
10. Yoga

6 Ways to Start Your Day

1. Put on Some Music
2. Stretch in the Shower
3. Eat a Balanced Breakfast
4. Drink Green Tea
5. Morning Walk or Yoga
6. Write in a Journal

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