

WEDNESDAY KENTUCKY KERNEL

Take a breather: Students, faculty say meditating relieves stress, calms mind and relaxes body | 2



January 16, 2002

Celebrating 30 years of independence

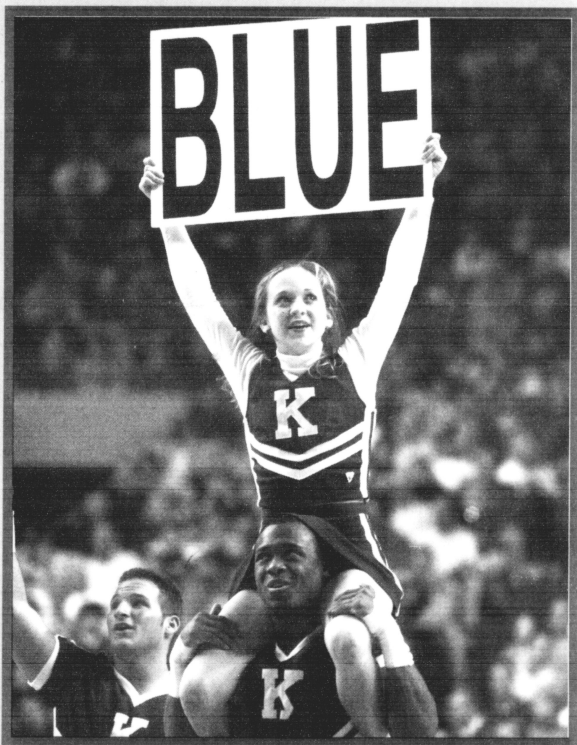
<http://www.kykernel.com>



12 cheers to the leaders

UK President Lee Todd (above) presents the national cheerleading championship trophy to Saleem Habash, the head cheer coach, at Tuesday night's Ole Miss basketball game in Rupp Arena. Kristy Vaughan (right) cheers on the team at the game. The squad won their 12th Universal Cheerleading Association Championship on Saturday in Orlando. They got to perform their winning routine on ABC's *Good Morning America* Monday. This is their eighth consecutive UCA Championship.

NICK TOMCEK | PHOTO EDITOR



RESEARCH

Prof studying cocaine, quails

Drugs: Study focuses on visual triggers that may cause relapse in cocaine addicts

By Amber Ashby
STAFF WRITER

While cocaine and quails might not seem compatible, they make a good match for one UK professor's research study.

Chana Akins, an associate professor of psychology, is investigating the effects cocaine has on quails' behavior. Akins received a \$480,000 grant from the National Institute of Drug Abuse to conduct her project, which started in June, 2001 and will continue for four years.

Although similar studies on cocaine reward, a drug-seeking behavior, have been done. Akins said her project is unique because it focuses solely on visual stimuli in an environment that can contribute to a quail's desire for cocaine. Examining the effects of visual stimuli on quails may help to explain why many human cocaine addicts relapse even after detoxification, Akins said.

"A contributing factor to the high relapse rate could be the environmental stimuli that may become associated with previous drug use," she said. "Studies suggest that cocaine addicts respond differently to cocaine-related objects compared to neutral objects."

If, for example, a recovering addict is presented a crack pipe, merely seeing the object can motivate the person to think of the drug, resulting in craving for it. This craving is what often causes relapse, Akins said.

Attempting to determine whether or not the same results are apparent in quails, Akins injects cocaine into each quail, which are kept in boxes marked with horizontal stripes. The next day, the quails are injected with saline while in boxes with vertical stripes. The process continues for eight days, she said.

Once the trial is finished, Akins places the quails between the two boxes. The lines on the boxes serve as the visual stimuli for the birds. She then watches to see if the quail returns to the boxes where they were administered the cocaine.

Although the results vary depending on the amount of cocaine administered, Akins has found that quails spend up to 80 percent of their time in the boxes where they received the drug. Without the drug, quails

only spent 33 percent of their time in the box, which is significantly lower than the quails that received the drug.

Returning to the place where they received the drug indicates that the quails have a place preference, and that they want more cocaine, Akins said.

"Our findings show that quails find cocaine rewarding, and that it appears to activate their brains in the same way it activates mammals," she said.

Brad Cooper, a psychology senior and lab technician working with Akins, said the study is important because drug users need help overcoming their addictions.

"In doing this, we hope to understand the processes that are involved in addictions," he said.

Now that Akins knows quails respond to visual stimuli like mammals, which results in drug reward, she said her next step is to look closely at the quails' mechanisms in order to see what causes relapse.

Although animal research is imperative to medical advances, Akins understands that some people question the ethics of using animals in laboratory experiments.

"We use animals because we can't do studies like this on humans," she said. "Laboratory trials allow us to control for things like eating habits and other factors that we can't control in humans."

Japanese quail, the type Akins uses in her experiments, are bred in the lab and hatch within 17 days. She said that because they are ground-dwelling birds, they usually only survive for a year in the wild, and they are often kept that long in the lab for experimental purposes.

Since it costs 50 cents per day to maintain each bird, not all of them can be kept alive until they die naturally. The birds cannot be released into the wild because of their exposure to cocaine, Akins said.

UK's Division of Lab Resources is responsible for euthanizing the excess birds. Akins said they follow the government's regulated guidelines.

The developmental research being conducted is important because, like other animal research studies, it could help develop effective treatments for cocaine or other drug addictions, Akins said.

COMMUNICATION

Student 'Forum' makes its debut on campus

New organization: Editors say newspaper offers creative outlet for student voices

By Kristi Martin
STAFF WRITER

When students picked up the Kernel on the first day of class last week, they may have noticed another publication lying next to it: the University Forum.

The newspaper is the product of the Open Communication Association, Inc., a new student organization at UK.

The organization is the brainchild of Matt Falk, a finance sophomore. "I developed it to promote open communication and to allow students another outlet to express their opinions."

The ultimate focus of the association is to publish the Forum on a monthly basis, but Falk said he hopes to branch out by bringing speakers to campus in addition to coordinating other activities that will promote open communication on campus.

The non-profit, non-partisan student organization has 25 members, but Falk hopes to double that number. Members participated in the Student Organization Fair last week and are also recruiting members by word-of-mouth.

Jarrod Beck, a history and political science sophomore, serves as editor of the Forum.

He said that most of the students involved with the newspaper are freshmen and sophomores. Members said they joined for different reasons.

"I got involved in the group as a favor to friends and wrote an article for the Forum. I will continue to write articles because I want to expose new things to people on campus," said Colin Williams, a math freshman.

The first edition of the paper cost about \$600 to publish. Falk said that 10,000 copies were printed and distributed on campus. The first issue of the Forum consisted of 12 black-and-white pages, which were filled with editorials, news and finance articles. Falk said he is interested in adding color and photos to future issues of the publication.

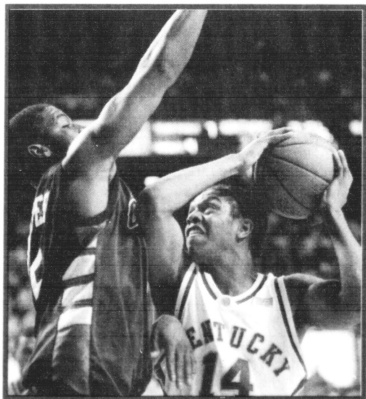
The first issue of the Fo-

rum was published with funds from private donations, but Falk hopes to recruit advertisers so the paper can be self-sufficient. The Georgetown News Graphic prints the Forum, but students do all of the writing and production work.

"We are interested in giving all students a platform to voice their opinions and express their thoughts on the issues of the day, through the organization and its activities," Falk said.

Check it out

For information about the University Forum, e-mail universityforum@netscape.net or call 323-3574.



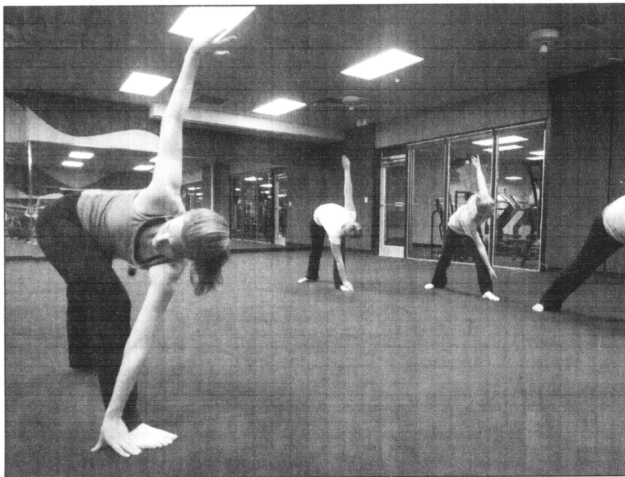
NICK TOMCEK | PHOTO EDITOR

To the hoop

Sophomore forward Erik Daniels battles for the layup against Ole Miss on Tuesday night in Rupp Arena. See page 6 for the game story.

STRETCH

Get more value per chakra by exercising mind, body



Sit up straight: Unite body and spirit with yoga, an intense workout that enhances physical, mental balance with unique movements

By Liana Henley
CONTRIBUTING WRITER

Suzanne Sizemore notices something different about her body after she does yoga — her muscles aren't as tight, she's more relaxed and she's more flexible.

"I've noticed good things about yoga," said the biology sophomore. "I sit up straight now."

Although it is often considered trendy to perform yoga, those who do it hardly consider it so.

David Bates, a Wellness Center instructor, said yoga is a healthy way to get in touch with yourself. Bates has been yoga-sizing for 27 years and has taught it for more than 20

years. "Leave your ego at the door," Bates tells new students. He encourages his students not to let their mind force their body to do something it is incapable of doing.

At 53, Bates has noticed many lasting effects of yoga, such as low stress levels and increased flexibility.

He teaches a class for UK faculty and staff twice a week at the Wellness Center, which about 35 people attend.

Bates also teaches a more general form of yoga called bikram, which uses 26 postures to give a workout to all of the body's main muscle groups. Yoga combines these postures with breathing techniques to create an overall feeling of well-being. There is nor-

mally a brief breathing and meditation period at the end of each class.

Bates said that many people experience greater flexibility, body-tone and relaxation through yoga. Although it may not directly help you lose weight, it does increase muscle mass, which can kick-start your metabolism to help burn fat.

"I've noticed increased strength, balance and concentration due to yoga," said Ashley Hinton, a yoga instructor at The Underground Fitness Center.

She said it's hard for college students to find time to devote to yoga. Hinton notices an increase in attendance during midterm and finals. This is probably because of the high

stress levels that students experience during these times.

If you're looking for increased flexibility or stress relief you may want to give yoga a try. But don't expect changes overnight. As with any exercise plan, yoga takes dedication and practice to achieve results.

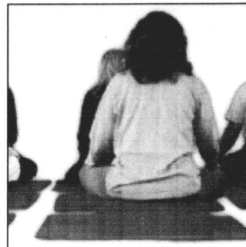
'And you're a triangle'

Students enjoy the benefits of yoga at the on-campus Underground Fitness Center, which is located under Donovan Hall. The Underground offers yoga classes every Sunday and Tuesday to students with memberships. Students say yoga increases flexibility, tones their bodies and reduces stress.

JESSE LEWIS | KERNEL STAFF

LOTUS

Centering mind relieves stress



UK professors recommend meditating to decrease stress of college life. They say it helps to develop inner peace plus it can lead to better health, mental potential and social behavior. Free your mind, and the rest will follow.

PHOTO FURNISHED

By Emily Hagedorn
STAFF WRITER

Breathe in. Breathe out. Breathe in. Hold it. Breathe out. Hummmmm.

Meditation is thought by some to be a way to find nirvana and relaxation, yet it offers untold benefits.

"Your mind is muddy clouded water, and meditation stops the stirring," said Gaza Bruchner, a professor of clinical nutrition and avid follower of meditation.

Bruchner's preference of meditation — Shamata — focuses on paying attention to the breath. The point of this type of meditation is to practice awareness and attentiveness.

"I think most people in their daily lives don't focus on the present as much as they should," he said.

Shamata emphasizes the current moment. People are thought of as being caught in the future, and if they focused on what's happening around them at that instant, they would realize that situations aren't as bad as they may seem, Bruchner said.

"If you sat and meditated, your mind brings you to the moment," he added.

For those who prefer for their minds to wander, transcendental meditation is an alternative to Shamata. This ancient form of meditation does not focus on any one action or thought.

"We're not going to try to force the mind," said Marquerite Heath, a transcendental meditation teacher at the Maharishi Vedic Center. "We let the mind move about. The mind can be very active or can move along on more subtle lines of thought. This restfulness is different than sleeping or dreaming."

There are four specific benefits to transcendental meditation: health, social behavior, peace and developing mental potential. Heath said the powerful meditation provides more mental potential, which can be experienced after just a short period of time.

"So instead of using 10 percent of your potential, the goal is to use more," Heath said. "Why wouldn't anyone want to develop their full potential?"

Despite time and energy, meditation is not difficult to learn, and it's believed to benefit all who practice it.

"Unless you feel you have no worrisome thoughts, you will benefit," Bruchner said. "(Meditation) is practicing non-judgment. There's no right way or wrong way."

Whichever your preference of meditation, there are advantages to all. Some lower the likelihood of hypertension and high blood pressure, while others provide pain management, reduced stress levels and a strengthened immune system.

Regardless, all are encouraged to sit lotus style and harness the energy inside of them.

The Ketch

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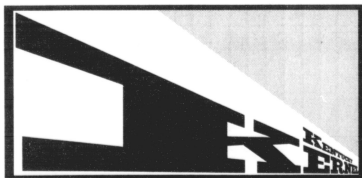
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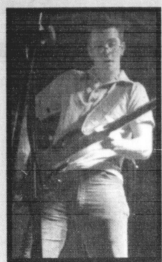
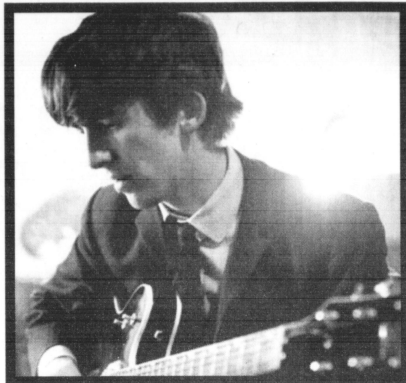


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Local Band

Jesse Taylor, lead singer and songwriter for The Gloria Bills, stopped to have a few words with the Kernel. Look for their show listing in On Tap.

- Q What's in your CD player?
- A Weezer's new album
- Q What does the band play?
- A Pop rock, and college music
- Q What's your new CD, HI-FI Education, about?
- A It's basically about childhood, dysfunctional families and emotional relationships. Some of it is angry, but a lot is emotional. Music is my psychology - a bottle of rum and a guitar.
- Q You recently had a CD release party to benefit the Jimmy V Foundation. Why?
- A I was sitting at a bar during the UK-Duke game and I saw the speech for the first time. It moved me, I was practically in tears at the bar.
- Q What's the best part of being in a band?
- A The women. No, the best part about it is creating something that people enjoy. Really. It's not about the sex, drugs and rock 'n' roll. It was, earlier, but I'm glad I've learned that there's more.



Harrisons
Musicians will honor the late George Harrison with a benefit concert at 10 p.m. Wednesday, Feb 6 at Lynagh's. Musicians Bob Burriss, Marty Charters, Tom Henry, Tony Stakelin, Mark Vanderbough and Neil Sturgill. Tickets cost \$3 and all proceeds will be given to cancer research charities.

PHOTO FURNISHED

A GUIDE TO WHAT'S HAPPENING AROUND UK

On Tap...

For the week of Jan. 16 - Jan. 22

Music

WEDNESDAY

Marduk w/ Diabolic, Amon Amarth and Katalkysm. 8 p.m. Blue Max. Tickets cost \$15.

The Schuers. 10 p.m. High on Rose. Tickets cost \$3.

Barnhouse Effect. 10 p.m. Lynagh's. Tickets cost \$3.

THURSDAY

Patricia Anders w/ Cliff Jackson. 8 p.m. Singletary Center. Tickets are free.

Pennywise. 8:30 p.m. Bogart's, Cincinnati. Tickets cost \$14.

Ill Subliminal. 10 p.m. Lynagh's. Tickets cost \$3.

The Swells. 10 p.m. High on Rose. Tickets cost \$3.

FRIDAY

Anne MacGivray. 8 p.m. Singletary Center. Tickets are free.

Suicide Machines. 8:30 p.m. Bogart's, Cincinnati. Tickets cost \$12.

Green Genes. 10 p.m. Lynagh's. Tickets cost \$3.

Catawampus. 10 p.m. High on Rose. Tickets cost \$5.

SATURDAY

Gloria Bills CD Release Party w/ Stego. 10 p.m. High on Rose. Tickets cost \$3.

Howlin' Maggie w/ My Morning Jacket. 10 p.m. Lynagh's. Tickets cost \$6.

Coming Soon

Down from the Mountain: Music from *O Brother, Where Art Thou*. 8 p.m. Friday, Jan. 25. Rupp Arena. Tickets cost \$25.25 - \$50.25.

A.M. Flavor. 10 p.m. Wednesday, Jan. 23. High on Rose. Tickets cost \$3.

Inner Vision Collision w/ Chitara Rhythm Section. 10 p.m. Wednesday, Jan. 23. Lynagh's. Tickets cost \$3.

Bonepopy. 10 p.m. Thursday, Jan. 24. High on Rose. Tickets cost \$5.

Dreadnot. 10 p.m. Thursday, Jan. 24. Lynagh's. Tickets cost \$3.

The Rock Stars of Soul. 10 p.m. Friday, Jan. 25. Lynagh's. Tickets cost \$3.

IVC w/ League of Mercy. 10 p.m. Friday, Jan. 25. High on Rose. Tickets cost \$3.

William Edins, pianist. 8 p.m. Friday, Jan. 25. Singletary Center. Tickets cost \$16 - \$34.

Kentucky Stringtinklers. 10 p.m. Saturday, Jan. 26. High on Rose. Tickets cost \$3.

about the most charismatic man in the world falls short in effect but not in performance. Will Smith catches the bravado of Ali and Jamie Foxx dazzles as the error-prone trainer Drew 'Bundini' Brown. Also starring Mario Van Peebles as Malcolm X and John Voight as Howard Cosell. At Lexington Green and Woodhill.

Kate and Leopold

Something about Meg Ryan falling in love with a man from a different century makes me feel like it's a fantasy film. I wonder if her character is married? Also starring Hugh Jackman. At Lexington Green and Woodhill.

Vanilla Sky

Call me stupid, but I definitely just couldn't stand the confusing conundrum Cameron Crowe laid out. But considering I had high hopes, I guess I put too much stock in a film with two actors I don't necessarily like - Tom Cruise and Cameron Diaz. Penelope Cruz also stars. At Lexington Green and Woodhill.

Joe Somebody

Tim Allen takes to the film as a down-and-out father who is a "nobody." When he takes his daughter to his work for a day and gets beaten up by the company bully, he decides to fight back, thus trying to win back his daughter's respect. Also starring James Belushi, Hayden Panettiere and Julie Bowen. At Man o' War.

Orange County

Crazy man Jack Black does Colin Hanks a favor when he drives him to Stanford University after his application is rejected. Jack Black is the best physical comedian this generation has to offer. Also starring John Lithgow and Lily Tomlin. At Lexington Green and Man o' War.

Compiled by Scene Editor Stacie Meihaus

AT THE PICTURE SHOW

Frame by frame

Gosford Park

This British dark comedy by an American director. This is being hailed as one of the bests of the year. Starring Michael Gambon, Kristin Scott Thomas and Camilla Rutherford. At the Kentucky Theatre.

Black Hawk Down

If this film mirrors the history of the incidents it regards, it will be a tear-jerker. Also being hailed as one of the best films of the year, it follows a battle in Somalia, where the United States lost some of its best. Starring Ewan McGregor, Josh Hartnett and Tom Sizemore. At Lexington Green and Woodhill.

The Royal Tenenbaums

Gene Hackman, Anjelica Huston, Gwyneth Paltrow, Ben Stiller, Owen Wilson, Luke Wilson, Danny Glover, Bill Murray and Alec Baldwin make up a film about a family of prodigies who come together when the head of the family discovers that he is dying. Although he is dying, it's still a comedy. At Woodhill.

A Beautiful Mind

Oscar rumors are flying for Russell Crowe (yes, again), in this film following the life of mathematician John Nash, a paranoid-schizophrenic who goes on to win the Nobel Prize. Also starring Jennifer Connelly and Ed Harris. At Lexington Green and Woodhill.

The Lord of the Rings: Fellowship of the Ring

The classic fantasy novel retold as a wonderful film. Starring Elijah Wood and Ian McKellen. At Lexington Green and Woodhill.

Harry Potter

Daniel Radcliffe stars as this best-selling book hero converted to screen. As a beginning wizard, Harry Potter tries to destroy an evil wizard Voldemort. With the toys and books going off the shelves at record numbers, this series looks to become a marketing dream. Look for the sequel in winter 2002. At Woodhill.

Ocean's 11

George Clooney, Brad Pitt and Julia Roberts star in this Steven Soderbergh (*Erin Brockovich*, *Traffic*) film. An earlier movie by the same name starred the Rat Pack. At Lexington Green and Woodhill.

In the Bedroom

After an award-winning run at the Sundance Film Festival, this film, directed by Tod Field, is finally playing to audiences across the country. No movie this year plays with your emotions like *Bedroom*. Just when you think you have it figured out, your brain goes back to the drawing board. Starring Tom Wilkinson and Sissy Spacek. At the Kentucky Theatre.

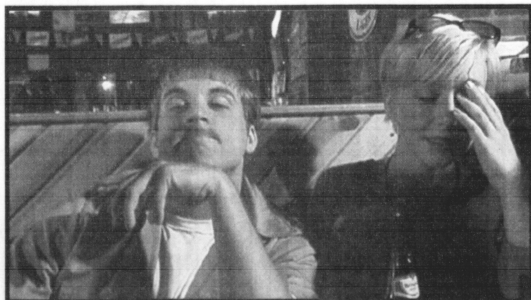
Alli

Michael Mann's long and tedious docu-drama

Housing and Maintenance

UK graduate William Roebuck will premiere his film at 6 p.m. Friday at The Treasure Mountain Inn on Main St. The comedy follows two maintenance men who must get their lives back in order after they parted too much. Starring Robert Martin, Elizabeth McNallen (both left) and Peter Sears.

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4 | WEDNESDAY, JANUARY 16, 2002 | KENTUCKY KERNEL

Television

A new low

I don't consider myself someone who watches a large amount of TV. I often find better things to waste my time on, but when I do sit down to watch the tube I am often surprised by what I find.

I was watching "The Simpsons" Sunday night, which is one of the best shows of all time. I laughed and chuckled. Then next thing I know I'm sitting face-to-face with Dum Dum Dum, "THE CHAMBER."

I instantly began having flash backs to the days of the inquisition. The show pits two people against one another in a series of questions to see who will get to enter "The Chamber." I instantly disliked the show when the contestants were asked to name the top 10 restaurants in terms of sales. The male contestant quickly answered "Denny's!" emphatically on his first turn. Needless to say, his love for big haired women named Flo ended up being his downfall.

The female contestant had won the right to enter "The Chamber." The woman was then strapped into a large metal torture chamber. Her heart rate and blood pressure were measured and doctors were on hand. The chamber was then closed. The idea is to answer a whole bunch of simple questions and progress through the seven levels of the chamber.

Each level subjecting the tortee to increasing temperature (10-150 degrees), wind blasts in excess of 150 mph, flames burst shooting out of the walls, the chair rotating through 360 degrees and violent shaking that can reach nine on the Richter scale. Then came the kicker, electro-muscular contraction of increasing voltage.

I think she made it to the third level of the chamber before she lost by answering Lance Armstrong (while screaming in pain) to the question, "Who is the oddest man to be in space?"

What has TV come to? I fear that if anyone ever made it through the seven levels, their newly found vegetative state would be less than conducive to enjoying their \$100,000.

Has reality TV given way to torture TV? You be the judge.

Jared Whalen
rail_editor@hotmail.com

IN OUR OPINION

Health education gets a little help

New program, increased funding will raise awareness about many basic health risks, preventive measures

Everyone, please pay homage to the almighty pork barrel. President Lee Todd announced Friday that Senator Mitch McConnell (R-Ky.), as chairperson of the Senate Appropriations Committee, has allotted some \$800,000 to UK in a much-needed effort to increase public health education throughout the state.

The new program is dubbed Health Education through Extension Leadership. It will use UK employees — especially agricultural extension agents, already based in each of Kentucky's 120 counties, and specific personnel in the Colleges of Medicine and Public Health — to work with local health departments, high schools and civic organizations. Their job will be to increase awareness of the basic science behind health.

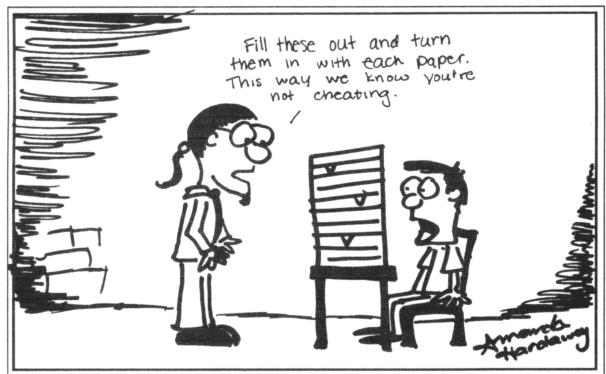
Why should anyone care? Because our state drastically needs this program. Kentucky has the highest teen (50 percent) and adult (37 percent) smoking rates in the nation, along with correlating lung cancer and emphysema rates. Cancer rates are twice the national average.

Sex education is fairly dismal, as the state continues to see an increase in sexually transmitted diseases, including AIDS. Cervical cancer, which is linked to STDs, and coronary disease, linked to smoking and diet, are also present at rates far above the national rate.

It could be assumed that this program might beat already well-known knowledge into unwilling heads. Surprisingly, basic health risks and prevention measures remain alarmingly unknown in a state where literacy rates rival those of developing nations in a few counties. Communication is vital.

And then there is the matter of \$800,000. This is not an astronomical sum; \$800,000 can actually be spent responsibly. It can augment the pay of those providing this critically needed public service — namely, the agricultural extension agents — without becoming a source of corruption.

This sounds like a terrific program. Regardless of your politics, Mitch McConnell has done something right for Kentucky.



Fear not a substitute for the truth

A group of finches fly erratically on the busy lawn. If someone comes too close to a bird on the group's edge, it flies into the air. Then the rest take cue and follow. Once the others begin to fly, the original becomes lost in the flock. It's easy to imagine that the bird isn't even aware that it created this fear.

When the others begin to flee, it is reassured of the danger nearby. It's like groups of people arguing — no one knows who started it. The escalation happens so rapidly that the first cause becomes meaningless. There is fear. There is escape.

That's all that matters. Just like most people in America, maybe even the world, I watched televised images of people running down Fifth Avenue, chased by clouds of gray dust and toppling steel. The scene is followed by interviews with New Yorkers who wonder where their family and co-workers are. They cry. They thank God that they were late for work that morning, or that they had an early meeting across town. Firemen wear gas masks as they walk through the debris. They are walking into the crowd of fleeing people.

Who was the first to run? I wonder who started all this. We keep asking who did this? How are we going to retaliate? In other words, who do we kill for this? I have



Matt Thompson
CONTRIBUTING COLUMNIST

little hope for our flock until it starts asking the real question: Why did this happen?

We can't intelligently call terrorists insane. Someone has done this for a reason. Whether or not you understand the reason has no bearing on its validity. I want to know why they did it.

People want to kill. People keep using the word "war."
Tonight there are thousands — if not millions — of people watching TV. They are mourning. Somewhere out there, in our own world, a husband is lying in bed, the only light in the room comes from the TV.
He is looking for one thing — a reason to believe his wife is still alive.

And there are thousands — if not millions — of people chattering like birds, sprawling information over our collective consciousness. They are entertained. To most of us, this is OJ Trial: Part III. Part II: The Clinton Scandal, isn't selling very well anymore, although low-budget radio stations are still making jokes that no one laughs at.

If we'd had video cameras in middle school, it would have sounded a lot like this. Children reporting the reaction to a fight at school. To 12-year-old gossip. To the injustice of last period's test. Reporting this information objectively.

Can we get a close-up of this kid with the bloody nose? Creating opinions for the children staring at TV screens.

The voices sound the same to me. We could take spoils of middle school broadcasting, replace the word "fight" with "war," "Jerry" with "bin Laden," "beaten"

Come on Tom, raise my taxes

It's an election year, and surprise, surprise, Tom Daschle is at it again. It seems that once again, the issue he has enamored himself with is the bipartisan tax cut passed in June of last year. I mention the month of passage for one reason: Daschle claims that the recession, which began in March, was somehow caused by the tax cut passed three full months into the recession.

The recession can hardly be blamed on anything that the Bush administration has done. More likely that it was caused by out-of-control government spending. The more money that Washington has, the more it wants to spend. Having a surplus makes the spending situation even worse. Obviously, it's easier to spend what you have than what you don't, or so it would seem.

Beyond the wasteful government spending, the recession was undoubtedly exacerbated by the attacks on Sept. 11, and the war on terrorism that followed. This situation called for more defense and emergency relief spending, which the government willfully provided.

By blaming the recession on tax cuts, Daschle seems to forget that, historically, tax cuts have actually increased tax revenue through private spending. Perhaps the most recent examples are the tax cuts of the early Reagan administration. Despite inheriting arguably the worst economy since World War II, Reagan's tax cuts led to the prosperity that arose in the mid-80s, and continues, for the most part, to this day.

Through all of his rhetoric, Daschle seems to speak through both sides of his mouth. On one hand, he blames the tax cuts for the recession. Yet, he doesn't call for the repeal of the cuts. So far, to my knowledge, the only prominent Washington Democrat calling for their repeal has been Sen. Hillary Clinton (D-N.Y.). Thankfully, most other Democrats have shied away from Daschle on this issue, including, somewhat surprisingly, Dick Gephardt (D-Mo.). On most issues, Daschle and Gephardt seem attached at the hip. On the tax cut issue, however, Gephardt has called Daschle's remarks a mistake. Perhaps Gephardt is beginning to see the light at the end of the tunnel. Instead of implying support for repealing the tax cut, Daschle and others should focus on the real fiscal problem in Washington by cutting federal spending. However, he seems to have no interest in doing so. Before the Christmas recess, Daschle tried, but failed, to pass a \$75 billion farm subsidy bill, as well as a \$15 billion homeland defense package, most of which probably would have gone to West Virginia, hence the support of Sen. Robert Byrd (D-W.Va.). Homeland defense and agriculture are important to the nation, but they should not come in the form of favors to voters and contributors in a senator's particular home state.

Perhaps an unintended effect of Daschle's attacks on the tax cut is the potential demonization of the 12 Democratic senators who voted in favor of the bill. By bashing the tax cut as a Republican attempt to give more money to the wealthy, he risks alienating the Democratic senators who are up for re-election in November.

By claiming that the tax cuts caused the recession, Daschle implies that raising taxes would actually help the economy. To paraphrase Bush, I don't know what economics textbook he's been reading from. Kudos to the president for saying that taxes would be raised only over his dead body.

There is scattered talk that Daschle plans to run for president in 2004. I have to wonder if he would make tax increases part of his platform. If he does, I will be the first to offer my official Republican endorsement of Daschle for the Democratic nomination.

Unlike Daschle, I do remember history, and the last time a candidate ran on a platform of high taxes was in 1984, and I think most of us know what happened in that election. So, Democrats, in the 2004 primaries, vote for Daschle. He couldn't do any worse than Walter Mondale... right?

Wes Blevins is a political science junior. His views do not necessarily represent those of the Kernel.



Wes Blevins
CONTRIBUTING COLUMNIST

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UK 87, OLE MISS 64

Cats blitz Rebel defense

Back in a groove: UK executed offensively against one of SEC's top defensive teams

By Will Messer
SPORTSDAILY EDITOR

When Cliff Hawkins circled the Ole Miss defense and found junior center Jules Camara underneath the basket for an uncontested second-half dunk, it was evident the Cats had their swagger back.

But it was UK's defense, not its offense, which led to UK's 87-64 victory against Ole Miss Tuesday night in Rupp Arena.

"I think it started on the defensive end for us tonight," said sophomore guard Hawkins. "We know we can score, but we have to find a way to stop the other team. I think our defense destroyed some of their cutting and moving and we wore them down."

UK began the game by building a 23-4 lead by the 8-minute mark, even though the Cats struggled offensively.

"Our guys seemed to be focused and ready to play," coach Tubby Smith said. "We didn't make shots early but we played well defensively."

Despite UK's defense, which forced the Rebels to shoot 33.3 percent from the floor and caused three shot-clock violations, Ole Miss closed the half on an 11:2 run that cut UK's lead to 37-22.

After the half, Ole Miss picked up where it left off, scoring six of the second half's first eight points and cutting the lead to 39-28.

Then the Cats (11-4, 2-2 Southeastern Conference) rebounded.

The Rebels (13-4, 2-2 SEC) would cut the lead to 11 four more times, but UK put the game out of reach with a 17-4 run.

Tayshaun Prince, a senior forward, led UK with 19 points — 15 in the second half — and junior forward Marquis Estill added 15.

UK held Ole Miss leading scorer, sophomore forward Justin Reed, to 11 points and no rebounds. Reed came into Tuesday's game averaging 15.1 points and 7.1 rebounds per game.

Smith said sophomore guard Gerald Fitch paced UK's defensive effort.

"Gerald has been the guy who has set the tone for us defensively all year long."

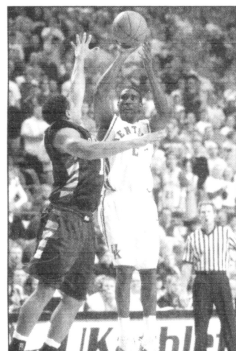
Fitch also responded to Smith's challenge to play more aggressive on offense.

He repeatedly beat his man off the dribble for layups and grabbed three offensive rebounds on the way to his second double-double of the season.

Freshman forward Chuck Hayes said he can empathize with UK's opponent when the team plays its defensive potential.

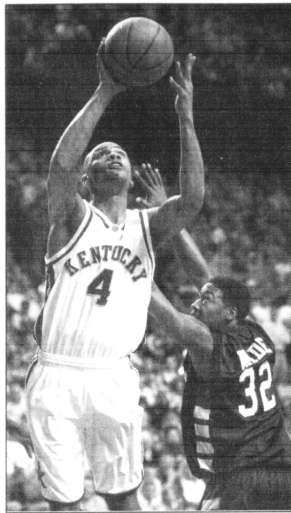
"We were causing them to make turnovers in the beginning, we were contesting every shot and tripping their big men in the paint so they couldn't get comfortable," Hayes said.

"Then, once we got going and we're running — I feel kind of bad for the other team."



Freshman guard Rashad Carruth shoots one of his two 3-point attempts Tuesday night. Carruth missed both attempts to drop his season 3-point percentage to 44.8 and was held scoreless by the Rebel defense. UK made 7-of-26 3-point attempts led by senior forward Tayshaun Prince who made 4-of-9. Prince led UK in scoring with 19 points.

NICK TOMCEK | PHOTO EDITOR

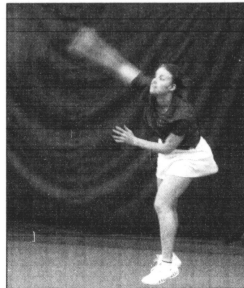


Sophomore guard Gerald Fitch attempts a shot against Ole Miss' Emanuel Wade during UK's 87-64 win Tuesday night. Fitch led UK in rebounds and recorded his second double-double of the season with 13 points.

NICK TOMCEK | PHOTO EDITOR

DOUBLEHEADERS

Tennis team hosts 4 teams in 2 days



Junior Leigh Bradwell serves to an opponent during a match last season. The Ontario, Canada native teamed with partner Lauren Rookledge to win the Milwaukee Tennis Classic doubles championship on Sunday.

FILE PHOTO

Thrown into the mix: UK women's tennis looks to continue high level of play

By Travis Hubbard
SPORTSDAILY EDITOR

Two-a-day practices are commonplace in athletics, but the UK women's tennis team faces two-a-day matches this weekend.

Mark Guilbeau's squad opens its 2002 spring season with four matches in two days — a 10 a.m. match against Cincinnati and a 3:30 p.m. match against Marshall on Saturday followed by Sunday matches against Middle Tennessee at 10 a.m. and Miami of Ohio at 4 p.m. — to be played at the Lexington Tennis Club on Regency Road.

The early tune-up follows one of the most prosperous fall seasons in the team's history, Guilbeau said.

"I'm not setting a whole lot of expectations," the coach said of his veteran squad.

"I really expected too much from them in the past, but this year we are much more experienced and they know that we have a very good team and I don't have to emphasize that."

Junior Leigh Bradwell said the players have set their own expectations and their confidence is at an all-time high.

"It's always been a goal for us to be top 16," said Bradwell, who combined with senior partner Lauren Rookledge to win the Milwaukee Tennis Classic on Sunday.

"We are really (ranked) closely with some of the top teams so we really need to work hard on those big matches and get the job done."

UK is ranked No. 25 in the nation by the Intercollegiate Tennis Association and has consistently been ranked in the nation's top 30 the last two seasons, despite a lack of senior leadership.

UK has had only one senior in the last two seasons — 2001 senior Brooke Skeen.

Senior Carolina Mayorga said experience is the biggest difference in the UK squad this year.

"I think we all have really high expectations because we have all worked really hard the past three years and we have an older group," said Mayorga, UK's top singles player.

Guilbeau's squad now consists of two seniors and five juniors. Freshmen Whitney Collins and Danielle Petrisko, as well as the recent arrival of Australian freshman Ola Luczak, give the squad a solid balance of youth and maturity.

Mayorga said maturity and mental toughness are necessary for the squad to move into the top 16 of the nation.

"Learning from our losses to top teams has helped us gather the ability to be really strong mentally," she said.

This weekend's focus is getting each member of the team quality court time. Fatigue is not a worry for this team.

"The nature of the entire weekend makes it a challenge for us," Guilbeau said. "If we hadn't trained for (playing four matches in two days), I would be concerned about it, but that's not the case."

UK VS OLE MISS



UK's next game:
UK vs Notre Dame
Saturday, 12 p.m.
TV: CBS
Radio: 12 FM

No. 12 Kentucky Wildcats (11-4, 2-2 SEC)

Probable Starters	Min.	FG-A	3FG-A	FT-A	R	TO	A	PF	TP
G Cliff Hawkins	25	2-4	0-1	5-9	0	2	6	3	9
G Gerald Fitch	30	6-11	1-4	0-0	11	2	3	2	13
G Keith Bogans	15	3-7	1-4	0-0	5	3	0	4	7
F Tayshaun Prince	30	7-12	4-9	1-3	2	4	2	3	19
C Jules Camara	20	2-2	0-0	0-0	5	1	0	3	4
G Rashad Carruth	14	0-2	0-2	0-0	1	1	1	3	0
G Josh Carrier	3	0-1	0-1	0-0	0	0	0	0	0
F Erik Daniels	20	2-5	1-2	1-4	2	0	0	2	7
G Matt Henssenbuttel	2	0-1	0-0	2-2	2	1	0	0	2
G Adam Davies	8	1-2	0-0	1-2	1	0	1	1	3
G Cory Sears	2	0-1	0-1	0-0	0	0	0	0	0
F Chuck Hayes	14	3-4	0-1	2-2	4	1	2	0	8
C Marquis Estill	16	4-5	0-0	7-8	3	0	0	5	15

Ole Miss Rebels (13-4, 2-2 SEC)

Probable Starters	Min.	FG-A	3FG-A	FT-A	R	TO	A	PF	TP
G Aaron Harper	30	2-7	1-6	0-0	1	1	0	2	5
G Jason Harrison	20	1-3	1-3	0-0	1	2	1	3	3
G David Sanders	32	6-10	0-2	5-10	8	2	3	3	17
F Derrick Allen	23	0-0	0-0	5-9	6	2	0	2	5
F Justin Reed	20	4-10	0-1	3-4	0	1	0	4	11
G Kendrick Fowl	13	0-2	0-1	0-0	2	1	1	0	0
G Spence Shutt	2	0-0	0-0	0-0	0	0	0	0	0
F Justin Johnson	8	0-1	0-0	0-0	2	2	1	0	0
C Candace Nunery	10	1-3	0-0	2-2	2	0	2	1	4
G Emanuel Wade	30	4-13	1-5	4-6	2	0	2	13	13
F Chris Rhodes	8	0-1	0-0	1-4	3	3	0	0	1
F Richard Kinkin	7	2-4	0-0	1-2	1	1	0	1	5

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cinemark.com

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BLACK HAWK DOWN (R)
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ORANGE COUNTY (PG-13)
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A BEAUTIFUL MIND (PG-13)
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JIMMY NEUTRON BOY GENIUS (G)
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MATE LEOPOLD (PG-13)
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ALL STADIUM SEATING

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OCEAN'S 11 (PG-13)
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MONSTERS, INC. (G)
10:40 12:15 2:00 3:45 5:30 7:15 9:00

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B92's DJ's broadcasting live from Varsity Blue, prizes, drink specials

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