LEFT OF CENTER



What's in a name?

ere is a list of the most popular names of pets as given by their owners, according to a poil by the ASPCA. They polled 42 veterinarians and gathered more than 300,000 pet names to come up with a definitive list of the top 500. Here are the top 30 from that list:

99

1. MAX
2. SAM
3. LADY
4. BEAR
5. SMOKEY
6. SHADOW
7. KITTY
8. MOLLY
9. BUDDY
10. BRANDY
11. GINGER
12. BABY
13. MISTY
14. MISTY
15. PEPPER
16. JAKE
17. BANDIT
18. TIGET
19. SAMANTHA
20. LUCKY
21. MUFFIN CESS
22. MAGGIE
22. MIGRINESS
23. MAGGIE
24. MAGGIE
24. MAGGIE
25. MAGGIE
26. MAGGIE
26. MAGGIE
26. MAGGIE
26. MAGGIE
26. MAGGIE
27. MAGGI

24. CHARLIE 25. SHEBA 26. ROCKY 27. PATCHES

28. TIGGER 29. RUSTY 30. BUSTER

When Good Dogs Go and Crossbreed

Pointer + Setter =

Kerry Blue Terrier + Skye Terrier = Blue Skye, a dog for visionaries

Great Pyrenees + Dachshund = Pyradachs, a puzzling breed

Pekingnese + Lhasa Apso = Peekasso, an abstract dog

Irish Water Spaniel + English Springer Spaniel = Irish Springer, a dog fresh and clean as a

Labrador Retriever + Curly Coated Retriever = Lab Coat Retriever, the choice of research scientists

wfoundland + Basset Hound = Newfound Asset Hound, a dog for financial advisors

Terribull, a dog prone to awful mistakes

Bloodhound + Labrador Blabador, a dog that barks incessantly

Source: http://home

Compiled by: Samantha Essid and Ron Norton With help from Hilliary Cromer

Email us: rail_edi-tor@hotmail.com

THE 411

Tomorrow's weather



74 53

A little bit of cloud.

Kentucky

VOL. #105 ISSUE #54

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TUESDAYKENTUCKY



INTERNATIONAL ALUMNI

UK grad named to high post in Indonesia

Success Story: From the Gatton College of Business and Economics to the Indonesain finance ministry

A UK graduate has recently been named finance minister of Indonesia. Bambang Sudibyo, 47, earned his doctoral degree in accounting in 1985 in the UK Gatton College of Business and Economics. Michael Tearney, associate dean of the college said that Sudibyo's appointment reflects favorably upon UK.

"The doctoral education (from UK) gave him a very good background in business and economics to put to practice."

Tearney said.
Sudibyo replaces Ir. Bambang Subianto, who had held the position since 1988.
Indonesia's newly elected President Abdurahman Wakhid, appointed Sudibyo to the post on Wednesday, Oct. 27, in the midst of an extended Indonesian economic crisis. Before the crisis, the exchange rate for Indonesian rupiahs was 2400 to a dolar; then in mid-1997 its value decreased, beginning the country's troubles.
The rate plummeted to 16,000 rupiahs per dollar at the peak of the crisis and presently stands at more than three times its original exchange rate of 2400 to the dollar.

This economic crisis signaled the collapse of the government and brough the resignation of former President Suharto. Sudibyo's role will be to redirect the economy and pull them out of their current status. Sudibyo comes to the finance ministry after having previously served on the board of directors for the Center for Strat-ey and Policy Studies in Yogyakarta, In-donesia, since 1993. In remarks to the Indonesian press af-ter his annoinment. Sudibyo said his price the is annoinment. Sudibyo said his price.

In remarks to the Indonesian press at-ter his appointment, Sudibyo said his pri-orities would be to secure the national budget, continue banking recapitalization, and maintain the nation's existing tax brackets while expanding the number of taxpayers in order to increase tax revenue. Ertambang Nahartyo, who taught with Sudibyo in Yogyakarta, and is currently a

graduate student at UK, believes that his former colleague will be an improvement over previous finance ministers.
"I trust that he can do the job better because I know personally the quality of his work." Nahartyo said.

Tearney said that Indonesia, with 200 million people, is the fourth most populous country in the world and therefore contains a tremendous economic market. This offers great potential to Sudibyo, he added. "He will have an opportunity to save his country through economics." Tearney said.

The college has tentatively planned for Sudibyo to return to UK to take part in a seminar for American businesses interested in Indonesian investment opportunities, Tearney added. Officials from Washington and Jakarta will also attend.

TECHNOLOGY SERIES

digital revolution

Camera evolution: Forget the film, never mind the lighting and grab the latest equipment to capture history in pictures

ting families and professionals rean their benefits.

Stephenie Drosick

Gentleurium weiter

The sophistication of many types of cameras of has increased rapidly over the past years. Digital cameras and web cameras have made their way into people's homes while video cameras have added many features as well.

Digital camera, slave digital still shots: aid Matt Clements, sales counselor at Circuit City in Lexington. Depending on the camera, a have added many features as well.

Digital camera, slave digital still shots: aid Matt Clements, sales counselor at Circuit City in Lexington. Depending on the camera to conce. Clements said. The images can then be unto one of many forms.

Video output allows for viewing of pictures from a television. The pictures can also be downloaded and printed, e-mailed, or posted on

the Web. With liquid crystal display screens on most digital cameras, photos can be previewed immediately after the shot is taken.

Camcorders with digital technology available for recording live footage also offer the option of digitizing still shots, Clements said.

This technology has also found its way to the workplace for many people. Car lots and relators use them a lot to display pictures on the web. Clements said.

A robe them a lot to display pictures on the web. Clements said.

A robe them a lot to display pictures on the web. Clements said.

A robe them a lot display pictures on the web. Clements said.

A robe them also from Best Buy in Lexing-for taking pictures of investigations and use in presentations.

As a means of communication, web cameras have also gained prevalence recently. Video calls can be made between two long-distance parties or more if they all have a camera and a microphone. The images transfer a little slower then real time. A Best Buy representative said, but software comes free and some Internet service providers offer the cameras free of charge when web camera service is ordered.

But you don't need the latest digital technology to take advantage of these camera trends. Video cameras have also been advancing, with features such as 400 times zoom or more, night-shooting to film in complete darkness and digital image stabilization to reduce shakiness while shooting. Clements said.



Even in its package, this new chip from National Semiconductor is about the size of a flake of coarse ground pepper. As many as 50 of these tiny circuits are used in a single cellular phone, along with other electronic components.

Sleep? Yeah right, students say

Good rest a worthy investment for school and play, expert says

Jenny Mackiewicz, an undeclared freshman, does not sleep. Well, she doesn't sleep much.

"I sit night desk, which requires me to stay up." said Mackiewicz, who catches her z's by taking naps and drinking coffee throughout the day.

Mackiewicz said she sees a drastic difference in her sleep patterns from high school to college.
"You go to bed later in college," Mackiewicz said.

Teeya Barnes, a broadcast journalism sophomore, said her sleeping habits are worse row than they were in high school, stay up until 4 a.m. when I have tests an eight up 17 J.m. an and on't have a problem step in 18 J.m. and don't have a problem step in 18 J.m. and don't have a problem step in 18 J.m. and don't have a problem step in 18 J.m. and the same in 18 J.m. and the same problems, Between work and school many students don't find enough time for sleep.

Barbara Phillips, M.D., professor of pulmonary and critical care medicine at

See SLEEP on 2



EXTRACURRICULAR

Students gather for environment

By Nick Smith

Contributions where Members of Green Thumb, a UK student or ganization, plan to join other activist groups in a nationwide movement to boycott working for Coca-Cola, BP/Amoco, or Ford, unless these companies make some major policy changes. "The goal is to have 50,000 signatures by April 22, 2000," said Ben Gramig, a natural resources and conservation management senior. Gramig is spearheading a petition to gather support for the boycott, which will increase to twelve corporations by April. He will be hosting a workshop on the "Dirty Jobs Boycott," part of the agenda of the Kentucky Student Environmental Action Coalition Committee (SEAC) conference that UK will host

See SEEK on 2

The Low-down

Buddhist teacher to speak at UK

The Venerable Bardor Tulku Rinpoche will be presenting a public talk today at 7:30 p.m. in the President's Room of the Singletary Center for the Arts. The talk is titled "Buddhism, the West, and the New Millenium." The event, sponsored by the UK Buddhist Studies Club, is free and open to the public, although donations are welcome.

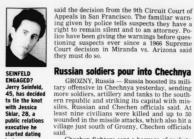
SGA to host annual Safety Walk

UK's Student Government Association will be hosting its annual Safety Walk today. The event will begin on the Student Center patio at 7:30 p.m. The purpose of the Safety Walk is to help the SGA find ways to improve safety on campus. For more information, call the SGA office at 257:391

Ruling focuses on Miranda missteps

LOS ANGELES — Police officers can be sued for discouraging suspects from calling an attorney after they have been advised of their Miranda rights, a federal appeals court ruled yesterday.

"Officers who intentionally violate the rights protected by Miranda must expect to have to defend themselves in civil actions."



SEINFELD ENGAGED? Jerry Seinfel 45, has decid to tie the kno with Jessica Sklar, 28, a public relation executive he

executive he started dating last summer, shortly after she returned from her honeymoon with her then-husband, Broadway producer Eric Nederlander, according to Seinfeld's

Indian Christians listen to Pope John Paul II as he delivers the Homily Sunday a Nehru Stadium ir New Delhi. Tens of thousands



Doctors free to determine treatments NEW YORK — Doctors, not health administrators, will be able to decide what medical treatments a patient needs under UnitedHealth Group's new policy. UnitedHealth is the nation's second-largest health insurer. The move accelerates a trend among health maintenance organizations to give doctors and patients more freedom, but raises questions about how HMOs will control rising health care costs and whether consumers will be best served by a return to the "doctorknows-best" philosophy. FTC petitioned on Internet privacy

WASHINGTON — With Internet perivacy
WASHINGTON — With Internet technology becoming increasingly invasive, privacy
advocates asked the Federal Trade Commission yesterday to stop Web sites from tracking
and compiling computer users' visits online.
They also demanded that the commission figure out how best to protect Web surfers from
unwanted privacy intrusions. "The Web and
new technology provide unprecedented opportunity for Web sites to collect detailed information about individuals," said Jeffrey
Chester, executive director of the Center for
Media Education.

said.

Chechen fighters sent a barrage of rockets to try to halt a Russian ground advance in the Alkhan-Kala region near Grozny, and launched ground attacks in other areas, Chechen military headquarters said.

Doctors free to determine treatments

Lott wants relief with wage hike

WASHINGTON—Congress will not send President Clinton legislation raising the minimum wage by \$1 unless it is coupled with significant business tax relief, Senate Majority Leader Trent Lott said yesterday. The Senate is scheduled to vote today on a Republican bill to raise the \$5.15 minimum wage by a dollar over 28 months and provide small businesses with \$18.4 billion in tax relief over five years. Senators also will consider a Democratic alternative to boost the wage by \$1 over 13 months and provide \$9.6 billion in tax breaks for business.

Compiled from wire reports

SLEEP

Continued from page 1

hour longer on weekends than on weekdays you are not get-ting enough sleep," Phillips said....

ting enough sleep," Phillips said.

While axing the alarm clock may not be the solution to getting more sleep, Phillips said there are several things students can do to improve sleep patterns. Phillips suggested going to bed at the same time every night, getting up around the same time every morning, exercising and refraining from excessive alcohol and tobacco use.

Phillips said the most important thing is for students to take control of the amount of sleep they get. While axing the alarm older through the solution of the solution of the solution of petting more sleep, Phillips said the memory. It also impairs reaction time, which can affect driving, mood and concentration." Phillips said.

Sufficient sleep occurrs when one wakes up on his or her own feeling refreshed, encourage of the day, Phillips said.

"If you have to use an alarm clock to wake up or if you habitually sleep at least an alarm clock to wake up or if you habitually sleep at least an

SEEK

Continued from page 1

Saturday and Sunday.

The corporations are being targeted for policies many feel are not environmentally or socially responsi-

The conference will pull

The conference will pull together campus environmental and social justice groups from across the state. Of the six workshops at the conference, three will be hosted by UK organizations and students, while the other three will be hosted by the Chemical Weapons Working Group and Pan Walker. In addition, the group will travel to Frankfort to join in the Youth Against Violence Rally.

The purpose of the conference is the output for the conference is the output for the conference in the conference is the conference in the conference is the conference in the conference in the conference is the conference in the conference is the conference in the conference is the conference in the conference in the conference is the conference in the conference in the conference is the conference in the conference in the conference is the conference in the conference in the conference is the conference in the conference in the conference is the conference in the conference in the conference is the conference in the conference in the conference in the conference is the conference in the conference in the conference is the conference in the conference in the conference in the conference is the conference in the conference

Youth Against Violence Raily.

The purpose of the conference is to get more Kentucky students and residents involved in earing for the environment and to provide in Carmig said.

"I love it. It is a great way for people to network. Sometimes you can team up for events," said Suzanne Webb, club secretary.

Plan on it

Abridged conference schedule

Kentucky Student Environmental Action Coalition, November 13-14, at Room 230 of the Student Carlon Coalition, November 13-14, at Room 230 of the Student Carlon Coalition, November 13-14, at Room 230 of the Student Carlon Carlo



Interested in a MBA?

Open House

November 12, 1999 Room 145 MBA Center

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There is no second opinion.

Concerned About Campus Safety?

SGA is sponsoring the annual Safety Walk on November 9th, @ 7:30 PM.

The walk is to promote campus safety. Representatives from auxiliary services, maintenance, the dean of students, PPD, chief of police and others will be in attendance to listen to students' concerns and make possible changes. Questions can be directed to the

SGA office

257-3191



why say it twice when once will suffice?



TO A CONVERSATION, SIMPLY PRESS THE MANG UP BUTTON, WAIT FOR THE SECOND DIJAL TONE
THEN DIAL THE NUMBER YOU WANT TO REACH, AND WHEN YOU HEAR THE NUMBER
CONNECT – HIT THE HANG UP BUTTON AGAIN, VOILAL IT'S ON YOUR PHONE NOW, AND ONLY 75¢ PER USE. 3-WAY CALLING, CLICK-DIAL-CLICK

GTE



Phillip Gall's brings the reps from Burton. mon, and some of the area's favorite slopes to Two Keys, for a 1999-2000 ski show. Check out new equipment and skiwear. And have a great time!

> Two Keys Tavern Wednesday, November 10 8:00 - 10:30 p.m. Door Prizes!



NEW IN FILM

'Insider' engrossing but not exciting

Good writing and terrific acting pulls movie above 'David and Goliath' cliches



The great Al Pacino stars alongside a barely recongnizable Russell Crowe, in the new whistle-blowing flick *The Insider*.

self Crowe, despite receipting and merciless smear campaign brace survey. Wight and merciless smear campaign baccog danks, is conviously and interesting dual threatistic and merciless smear campaign baccog danks, is conviously and interesting dual threatistic and merciless smear campaign baccog danks, is conviously and interesting dual threatistic and the story actually is has come under scrutiny from some of the people portrayed, absolute acturacy isn't something that a merciless smear campaign baccog danks, is conviously and interesting dual threats against his family and interesting dual threatistic and merciless smear campaign baccog danks, is conviously and interesting dual threatistic and merciless smear campaign baccog danks, is conviously and interview with Mike Wallace. Although on paper the succession of the missing danks of the decisions about the value of the missing with the same and the little man armed only with truth. The Insider is many the morality play than straightforward entertainment. The Insider gives an interesting almost an anterprise and the proposed and the proposed of the moral distriction. The succession of the moral distriction and the proposed of the moral distriction, but the remainder of the moral distriction and the distriction of the moral distriction of the moral distriction of the mor

More they change, more they stay the same

In spite of going solo after leading a band for 10 years, Geoff Moore sounds much the same



Most of the time when the leader of a band bearing his name embarks on a solo career, no one can tell much of a difference between the two.

Take Tom Petty and the Hearthreakers.
To Bruce Hearthreakers.
To Bruce Hearthreakers.
Take Tom Petty and the Hearthreakers.
Take Hearthreakers.
Take Hearthreakers.
Geoff Moore is no different.
After 10-plus years with The Distance. Moore has taken to the Hearthreaker He

Matt Hestand



ZuZu's Crush will smash

the opposition. They are a band that will rise up the ranks to become one of the greatest bands to ever originate from Lexington. Melinda Hall, their lead vocalist, has a voice that hits the band also does The test of the band also does The bass guitar and percussion work is great and the guitar work does an excellent job both as backup and when being used as a feature. When they would be a supported to the support of the

Joe Marrett

After a couple of listens to this CD. I thought it was completely worthless. I put it on one last time before going to CD Warehouse while I was writing this review and thought for a brief moment, "Hey this isn't all that bad." That moment soon passed.

I that bad." That moment soon passed.

Garbage and Girls vs. Boys. I think the Garbage comparation to Garbage and Girls vs. Boys. I think the Garbage comparison is legit. There are the heavy guitars, polished with a healthy slab of studio wank, providing the music for some kind of sexy female vocals (not as soxy as Shirley Manson).

The word of the wo

Take A Step to Help Lexington's Homeless.

John's Run/Walk Shop and The Hope Center announce the first annual Shoe Drive to benefit the homeless.

Throughout November, donate at least one pair of used or new athletic shoes and you will receive a FRE 55 GIFT CERTIFICATE good towards any store merchandise.



317 S. Ashland • 269-8313

Tuesday 11/9

19 Neeting, 7:30pm, Bapikis Student Center Alpha Phil Omega Meeting, 7:30pm, Rm 395 student Center SAB Multicultural Committee Meeting, 4pm, 203 Student Center, Everyone Welcome! P.M.A.T. Tuesday Worship Service Sponsored by Wesley Foundation, 7:30pm, Rm 2:30 Student eeting, 7pm, Rm 228 Student Center ental Club Meeting,7:30pm, Rm 106 Studen g, 7:30pm, Rm 148 B&E Bldg.

s Choir Festival Featuring UK, Asbury, and Transv. 4:30pm. Singletary Recital Hall

pment" 9:30–10:45AM, Classroom Bldg. Rm 231, FREE

htramurals/Recreation Itlimate Frisbee Club Practice, 6-8pm, Band Field on 3 Basketball Entries Due, by 4pm, Rm 145 Seaton Center, 55 Entry Fe

Sports Tae-Boxing, 3:30pm, Baptist Student Union UK Ruaby Practice, 6-8pm, Club Sports Field

Wednesday 11/10

ning Skills Program, 2–2:50pm, Rm 201 Frazee Hall, Sign up in advance! on for Shadowing and Internships, 10am-12pm, Rm 111 Student Center Activities Committee Meeting, 5pm, 203 Student Center alse, A French Conversation Group, 3–5pm, Magic Beans Coffee Co. 5

Thursday 11/11

Arts/Movies Jazz Concert: UK Lab Band, 8pm, Singletary Recital Hall Appalshop Film Series, 7pm, W.T. Young Library Auditorium

intramurals/Recreation Ultimate Frisbee Club Practice, 6–8pm, Band Field

Sports
Tae-Boxing, 3:30pm, Baptist Student Union
UK Rugby Practice, 6-8pm, Club Sports Field
UK Rackethall vs. 4thletes in Action, Rupp Arena

Friday 11/12

Saturday 11/13

Sunday 11/14

L<u>Events</u> anjan 99 (Diwali Nite), Indian cultural program ngs. 6–9pm, Memorial Hall

Meetings Sunday Morning Worship, 11am, Christian Student Fellowship (502 Co Catholic Mass at The Newman Center, 9am, 11:30am, 5pm, 8:30pm







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http://www.kykernel.com

craze brings danger

When cell phones first hit the scene, they were often seen as status symbols – anyone who had them were undoubtedly so important they had to stay connected with other important people at all times. New policy of the stay connected with other important people at all times. New policy and the stay of the st

The New England Journal
of Medicine states
that taking on a cell
phone is nearly as
risky as drunken
driving. The National
Iransportation Board
states that driver
inattention (which
can easily happen
when you're chatting
away) is to blame for
as many as 50
percent of all
crashes.

Some states and cities banning phone use while the car is in motion. As of yet, no such legislation is to be heard in this General Assembly

1983

34 A 1996 study from Rochester, N.Y. showed that people with cellular phones in their cars run this percentage higher risk of having an accident.

45 Percentage of people who purchased their wireless telephone for safety reasons.

One has to admit that phone use in automobiles is a fact of life. Here's a few tips for car cell phone use:

- Know your phone's features.
 Use hands free devices.
- devices.
 Put your phone within easy reach.
 Don't use phone during hazardous
- during hazardous conditions.

 Always pay attention to the road.

 Place calls when you are not moving or before pulling into traffic.
- Do not engage in distracting. conversations

 Use your phone to call for help.

Source: http://www.911.lub-bock.tx.us/ifacts. bock.tx.us/nsc html, http://infocenter.insw eb.com/insur-ance101/special-reports/cellphone, AAA's Nov./ Dec. 1999 Home & Away magazine

Cell phone prediction 2000:

on some Grindage and Scope some Buff Nugs at the Beach?



READERS' FORUM



Nike, Just Do It! Pay workers a living wage

I was interested to see that Nike took out a full-page ad in Friday's Kernel describing its policy of not employing underage children. It is true that Nike has made several important concessions in the past few years as a result of national media attention focusing on its child labor practices.

More importantly. Nike has never squarely addressed the issue of a living wage. Nike pays the lo-

cal minimum wage in the countries where it makes apparel. In China and Vietnam, that's about \$1.60 per day, In Indonesia, the figure is about \$1.00 per day, which the United Nations and human rights activists say would be enough to provide workers with adequate food and housing, would be easily affordable for Nike. The company's answer: we can't afford it. Well, our answer to that should be: we won't be buying your shoes. Nike has helped create jobs, you say. That is true. People in Southeast Asia need and want jobs. They are also human beings. They have the right not to be a should be a supported to the proper supports the proper of the proper supports of the property of the prope

the right to a living wage. They have the right to work in safe conditions. They have the right to so-cial security.

They have the right to organize their labor. Any company that reaps astronomical profit from differences between economies of scale should accept responsibility for advancing the well being of the people they employ. Just saying "we created jobs" and "look, we don't employ children anymore" are not enough.

Nike still needs to pay workers iving wage, allow them to orga Nike still needs to pay workers a living wage, allow them to organize, make sure factory conditions meet U.S. standards, and allow for the truly independent monitoring of labor conditions. Don't be lulled into a sense of complacency by Nike's expensive ad. Nike and many other transnational corporations still have a long way to see many other transnational corpo tions, still have a long way to go

AARON KARRELL

IN OUR OPINION

Give them a fair shake

Women's sports deserve as much coverage as football and b-ball

In the WRFL Campus Views program last week, several comments were made on the lackluster coverage of UK athletic events. Apparently, many good UK teams are not getting the amount of coverage as they deserve.

The statements in the Campus Views programs were pointed toward the Kernel's coverage of women's sports in particular. While there have been plenty of material on men's football and basketball, the more successful women's teams have received less than adequate coverage for their accomplishments.

While the force had been ease for their accomplishments.

While the focus had been concentrating on whether Bonner and crew might get a playoff berth, the women's soccer team is already there. Not to mention they're playing in the 2nd round of the NCAA tourney this Sunday, Coach Warren Lipka was named 1999 SEC Coach of the Year and forward Keri Boyce is Fesshwan of the Near.

named 1999 SEC Coach of the Year and forward Keri Boyce is Freshman of the Year.

Hey, let's not forget about the women's basketball program.

With 11 returning players, including all five starters, they have
a legitimate shot of making it at least to this year's Elite Eight
or even to the Final Final, thus solidifying their spot as one of
the top national teams.

When the Kernel's ten-page basketball preview ran last Wednesday, only two pages were devoted to the women's team.

Although the different teams of the decade made for interesting reading, the talented women's team deserves more coverage than a basic roster and schedule.

than a basic roster and schedule.

In general around the nation, women's sports are just starting to receive the recognition male sports enjoy. Media coverage of the U.S. women's victory in the World Cup is just one example of how society's views on women's athletics is changing. Let make sure UK keeps up with the balance in coverage.

UK women's sports deserves the same amount of coverage as the men's, especially when they are some of the best teams

TECHNOLOGY SERIES

Meg Marquis

What will this tech explosion mean?

I work in the Writing Center. As a tutor, I have recently helped an abundance of students with medical school applications. The same question keeps popping up on all of the applications. Describe your current proficiency with computers.

I shador: Why? Because we live in a sinine question. Why? Because we live in a time when EVERY-ONE has at least a basic proficiency with computers. It is incredibly outdated to think that some people, especially those applying to medical school, might have no experience with computers.

Welcome to the year 2000. It's a little scarry, not because we are people of Y2K, but because we are people of Y2K, but because we are the first group of people to truly scarry and the state of the school of the school

invented a pop-up tape dispenser that dispenses pre-cut pieces of scotch tape one at a time. While it is exciting to have a machine take over that pesky task of breaking a piece of tape over a plastic cutting edge, it is not practical. What happens if you need a large piece of tape over a plastic cutting edge, it is not practical. What happens if you need a large piece of tape from this amazing machine when I can pull don't know about you, but I don't know about you, but I don't know about you, but I don't know about you hat I don't hat I don'

CONTACT

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Send us your letters and comments by e-mail. Hey, we love the Net and we know you do too. So send your thoughts to logue@kykernel.c

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Send your letters via the postal service for only \$.33 – it's that cheap. Send your thoughts to 035 Grehan Building Lexington, KY 40506-0042

Length & style

Letters should be approximately 250 words; guest opinions should be no longer than 600 words. All material should be type-written and double-spaced.

Include this info

Include your name and major classification (for publication). For verification include your address and telephone number, which will be kept confidential.

Shulesia Stewart

Beauty is about health, inner soul

Size does matter — especially for women. Being overweight is an unacceptable look in America. I should know because one of the hardest things I am trying to do is lose weight. Fortunately, in efforts to help other overweight women, celebrities are speaking out against the myth that model-size is the ideal-size.

Women like Roseanne, Delta Burke, Star Jones, Rosie O'Donnell and Oprah Winfrey are redefining beauty in America. These are women who have struggled with their weight both in front of and behind the camera. Their goal, like mine, is to be healthy but not necessarily thin.

Although we can all be affected by obesity, women, more than men, are measured and defined by our appearance. Women have historically lost jobs, lovers and countless opportunities because of our size.

Now, I know that being overweight is not a picnic for anyone but men can usually get by with carrying a few extra pounds because, afterall, we live in a man's world.

Gaining and losing weight is one of America's biggest problems. Ac-

Gaining and losing weight is one of America's biggest problems. According to recent medical reports, as we move into the next millennium, obesity will be America's most urgent

obesity will be America's most urgent public health concern.
The concern is that obesity, which is defined as having 30 percent body fat, is directly linked to diabetes, heart disease and cancer.

According to an eight-year study recently released by the Center for Disease Control (CDC) and Prevention in Atlanta, one out of every five Americans is obes.

To hit a little closer to home, one out of every two people in Kentucky is obese. To add fuel to the fire, the group gaining the most weight is young educated people, like you and I. My concern is not for us to fit into America's stereotypical body image. My concern is that we be healthy. The CDC outlines target weights for cer-CDC outlines target weights for certain heights, but I feel that you don't necessarily have to follow those guide-

lines. What you should do, instead, is

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strive for a healthy you, then maintain that level of fitness. Keep in mind that what might be healthy for you might not be healthy for you might not be healthy for you might not be healthy for someone else. That variation is lost in the CDC guidelines.

I might not be the ideal weight according to the CDC but I still can run, jump and break it down" with the best of them. and that's the important part. I am just a big girl who can hang with those little skinny girls.

Sometimes wed don't want to admit it but body image is directly related to self-esteem. Asking yourself whether you're too small or too big is a question we all ponder. This question how ever, should be asked to address health issues, not vanity.

The reason being that if you don't have the ideal body, you are treated like an outcast. I know first hand how extra pounds can do more than just alter your body. They also alter how you feel about yourself.

In an effort to keep self-esteem high, Americans spend billions of dolars every year on diets, pills and surgery to alter appearances.

In these efforts to lose weight we often lose sight of what is really important — losing weight so we can feel good not just fook good. In all of this we are forgetting to nurture our minds and souls.

Beauty to me starts from the inside and works its way out and you don't have to be a size six to be beautiful.

I am not saying I support obesity,
I am saying that we should support
people regardless of their size.
Good people come in all shapes
and sizes. Instead of judging someone
by their contracted.

by their outward appearance, we should encourage others to live a healthier lifestyle. We all need to strive to be a com-

plete self — one with a healthy mind, body and soul.

Kernel Columnist Shulesia Stewart is ournalism senior. Her views do not nec sarily represent those of the Kernel.

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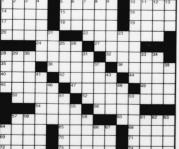
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Tourney bound

Cats rack up wins, awards

Lipka named conference Coach of the Year, Boyce top freshman

UK women's soccer coach Warren Lipka was named the 1998 Southeastern Conference Coach of the Year and forward Kerl Boyce was named Freshman of the Year.

In addition, UK placed three players on the All-SEC first team and one on the second team.

Lipka has guided the Casts to a 16-22 overalle minish in the SEC Eastern Division and second best overall record in the SEC. Lipka was also honored as the league's top coach in 1995.

"While I am honored to receive the award, the credit goes out to our team because they have worked so hard this year and have just done a tremendous job on the field," Lipka said.

Boyce was voted as the SEC's Lipka said.

Boyce was voted as the SEC's top freshman by the league's coaches. She was also named to the SEC All-Tournament Team.

"Kert is such a talented player," Lipka said.

"She really has been one of the keys to our attack this season. She played great all year and is deserving of the award.

and defender Allison Peppers were all named first-team All-SEC by the league's coaches. Boyce was named second-team All-SEC.

Gage, a senior from Westerville, Ohio, led UK in regular-season scoring with 14 goals and 36 points, both UK single-season records.

Reese, a junior from Nokesville, Va., scored three goals and tallied three assists for the Cats during the season, while Peppers, a senior, tallied a career-high four assists.

NOTES

Missing in action: The Wildcat running attack

Down at the end of lonely street: Cats played valiantly in cow bell country, face Titanic tilt with Vandy



Matt May

SPORTSDANY COLUMNST

Ing loss at No. 8-ranked Mississippi

State.

It seems as though the Cats just can't get that first huge victory against a highly-ranked opponent to give them

the confidence necessary to start doing it more often. The Lexington Herald-Leader's Chuck Culpepper wondered aloud on Friday "when will it be UK's turn?"

the unit of the unit of the UK sturn!"

The answer? Soon. UK is close, real close. But as the old saying goes, close only counts in horseshoes and hand grenades, so the Cats enter this week's titanic tilt with Vanderbilt with everything on the line. In theory, the Cats could still reach that six victory plateau against Tennessee even if they lost to Vandy in Nashville on Saturday night, but in reality, that is a little far-fetched, even for an improving team like UK.

Truth be told, as well as UK played in some areas in Starkville last week, it

was pretty poor in others. Although the yellow beanbags had not been especially cruel to the Cats this season, they were back on the Mississippi plains, with several penalties really crippling UK's upset bid. An blocked extra point may have changed the game just enough to give the Bulldogs the win. Then there were the 10-12 wide receiver screens UK must have run, none which gained anymore than five yards.

Mississippi State is good, but UK can look back at the wouldas, couldas, and shouldas in that game and kick themselves for not winning a nationally televised statement game versus a top 10 opponent.

Mississippi State is good, but UK can look back at the wouldas, couldas, and shouldas in that game and kick themselves for not winning a nationally televised statement game versus a top 10 opponent.

The result' My prediction of Florida and Virginia Tech for the national title is still alta and Virginia Tech for the national title is still alta and Virginia Tech for the national title is still alta the standing the checkout time of the grocery Sunday, when a milk carton caught my eye. To my

amazement, the back of it read, "Have you seen UK's running game?"

18 blocks is a lot. 23 turnovers is a lot. Seven point win over a team of has-beens isn't near enough.

As a fellow DuPont Manual High School grad, congratulations to Miami University running back Travis Prentice, who broke Ricky Williams' all-time NCAA douchdowns mark over the weekend. He also posted 376 yards rushing, the fifth most in NCAA history. UK should have scooped up this kid — he is a star.

Theme from this past weekend's college football games? Coaches like to continue running plays that aren't working. Notre Dame and its option, UK and its screens, Ohio State and its...well, everything.

Senior Staff Writer Matt May is a journalism senior. He can be reached via e-mail at sportswriter22@hotmail.com

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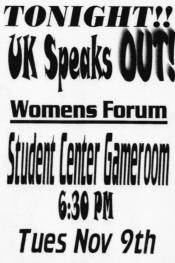
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