

KENTUCKY KERNEL MEDIA

INSIDE



AUGUST 2019

INCREASE YOUR CYBERSECURITY WITH TWO-FACTOR LOG-IN



UKY.EDU/ITTAKES2

 facebook.com/itsnewsuk

 twitter.com/its_uky

 instagram.com/its_uky

 youtube.com/uktechclips

 Information
Technology Services

FOR QUESTIONS, PLEASE CONTACT ITS
CUSTOMER SERVICES:
859-218-HELP (4357) | 218HELP@UKY.EDU

CON TE NTS

Unmasking the Wildcat
6-8

Espresso Yourself
9

Dates to Remember
10-11

Tips to Talk to Your
Professor
12

Things to Do in a
Small Town
13

Getting Involved
16-17

Become a Kernelite
18

Study Resources
19

Health and Wellness
20-21

Advertising and Sponsors
2, 26-32

PHOTO BY ARDEN BARNES | STAFF



WELCOME

FROM THE *Editor*

Welcome! You have finally made it. Some think ‘making it’ is graduation day but in my opinion it is making it through the summer leading up to coming to campus for the first time as a student.

College is filled with so much learning and adventure but don’t get ahead of yourself with all that future talk. Live in the now and realize you have chosen the best school for your next four years. UK is not only an exciting sports school, but also a school filled with possibilities for each student no matter their interests. There is something for everyone here. Anything you can think of you can be involved in.

This magazine will give you an inside look into what UK has to offer and who we are as a university community.

Now dive in and take a look *Inside* your new school.

If this publication intrigues you and you are interested in being a part of our team, come to the third floor of McVey Hall and join our Kernel Media family. See page 18 to take a look at our publications and more details on how to get involved.

BRITTANY LYDEN



UNMASKING

THE *Wildcat*

One Student's 'REWARDING' Experience

STORY BY BAILEY VANDIVER | PHOTOS BY JORDAN PRATHER

The Wildcat walked off the field at the football stadium, the surrounding stands empty. Inside the suit was Ross Boggess, and he was about to take it off for the last time. It wasn't a football game that had just ended but the College of Agriculture Field Day— which was “a cool reconnect” for Boggess. He had been the Wildcat for all four years of his college career, and he worked that same event as the Wildcat as a freshman.

Plus, as a community leadership and development major, he is a College of Ag student.

It was neat, he said, but it was also bittersweet. Boggess was just weeks

away from graduating, making it his last ever event as the Wildcat. “That was a sad moment,” he said.

“You're just a naked cat running around”

In the winter of 2015, Grant Boggess saw a flyer for mascot tryouts in the engineering quad. He sent a picture to his brother Ross, who was a senior in high school.

“I think he kind of sent it to me as a joke,” Boggess said. “I was like, ‘Heck yeah, I'm going to do it.’”

Boggess said it's pretty rare for someone to try out as a high school senior because few people know about the

opportunity.

After an informational meeting, the first step for prospective Wildcats and Scratches (the other mascot here at UK) was a face-to-face interview. The interviewee sat on a Gatorade cooler, Boggess said— evidence of the casual nature of the process.

That didn't stop the interviewers from “drilling” him with questions, though, about his work ethic and more about him. At that point, the cheer team was more concerned with making sure Boggess was a quality person, not yet if he could be a good mascot.

“Kentucky cheer is super, super good

“The way I see it is you take the burden off of everyone else so you can enjoy being a mascot. You just make sure that everybody else is having a fun time because if the mascot’s not having a good time, nobody’s having a good time.”

• ROSS BOGGESS •

at picking quality people,” Boggess said. “T. Lynn Williamson (cheer adviser) is amazing at finding who the right person is, and I’m so thankful that he picked me.”

Looking back at the second part of the interview, when the candidates “suit up,” Boggess joked that he’s not sure why they did.

He said he was awkward— and that there was something a little humiliating about the experience. “They don’t give the mascot any clothes to wear,” he said. “You’re just a naked cat running around the gymnastics room in the Seaton Center.”

The next day, Boggess performed a prepared skit, based on the movie *Frozen*, which had just come out.

Both Wildcat and Scratch are performed by several students, and Boggess joined as one of the Wildcats.

All of his fellow mascots that year were older than he was, meaning the last of them graduated last year. “We were just the crew,” he said. “We loved it so much.”

‘I’m Ross, one of the Wildcats’

The students behind Albert and Alberta Gator, the mascots at the University of Florida, reveal themselves by wearing the hands and feet of the costume to graduation.

At Bowling Green State, the mascot is decapitated at the hockey rink, revealing who is in the suit.

In a somewhat less dramatic fashion, Boggess posted on Facebook a few weeks before he graduated, alluding to his role as the Wildcat. Before that, he didn’t “broadcast” it on social media, he said— none of the students who perform as Wildcat or Scratch do.

“Our close friends know,” Boggess

said. “We just... try not to be too boisterous about it.”

Boggess said he got in a little bit of trouble his freshman or sophomore year for sharing a photo of Wildcat on his personal page. “They were like ‘No, Wildcat is Wildcat, it’s not Ross,’” he said. “And so I’ll always introduce myself as ‘I’m Ross, I’m one of the Wildcats.’”

At first, Boggess said he was really excited to be the Wildcat. But then he realized he’s not. Instead, he’s one of several students who perform as the Wildcat.

“Even though you get to feel like you are so cool when you’re in the suit, you’re just protecting the image for the next person,” he said. “And it’s a cool thing where Wildcat has its own personality that we get to turn Ross into.”

He said it didn’t come naturally to him, but he learned to separate the celebrity status from his own identity and fulfill his role as a “guardian” of the mascot.

Another role that Boggess began playing in the second semester of his freshman year was head Wildcat, meaning it is his responsibility to coordinate the mascots to be where they are supposed to be.

He was the youngest of that year’s “litter”— which isn’t actually a term used to refer to the mascots team, but he said it should be. He said it took him a while to get used to being the youngest but in a position of leadership, but head Wildcat is based on responsibility, not on seniority.

“The way I see it is you take the burden off of everyone else so you can enjoy being a mascot...” Boggess said. “You just make sure that everybody else is having a fun time because if the mascot’s not having a good time, nobody’s having

a good time.”

Boggess held that position until last summer, when he passed the role down to someone new so they could learn before Boggess graduated.

As head Wildcat, Boggess received a full-tuition scholarship. Other members of the mascot team have partial scholarships, with the amount depending on seniority and other factors. “You have the most scholarship, so you have the most responsibility,” he said.

‘One of the coolest things’

Over his college career, Boggess had put on a little weight— and the male cheerleaders who hold him up in the Wildcat pyramid pointed it out to him. “So I made sure to lose some weight for NCAAs,” Boggess joked. “But they literally hold me up and are great people.”

Boggess said Wildcat pyramid is one of his favorite parts of the job and is one of the things he will miss most.

“It’s one of the coolest things,” he said. “As you’re up in pyramid, everybody else in the audience starts standing up and clapping.”

Once the Wildcat is back on solid ground, it’s straight into the UK fight song.

“(It’s) definitely classically conditioned me to just love our fight song, and it perks me up anytime I hear it now.”

While the cheerleaders share their enthusiasm by smiling all the time, the mascots use their body language.

“People ask if we smile in the suit, and you’re like, ‘Sometimes...’” he said. “But in a lot of ways, Wildcatting is a workout. It’s going up and down the stairs or running around the concourse, and you don’t think about like, last time I worked out, was I smiling?”

The Wildcat has a specific walk: “a

strut with a little extra swagger,” Boggess said.

As for Scratch, his is more “boppy”—almost a skip.

One of the strategies of the mascots is to be as big as possible.

“Especially at Rupp, you’re looking at the 200-level section people, and if there’s a kid up there, you want them to be able to see your emotions in just as much detail as the person who gets a front row seat,” Boggess said.

“Everybody has a story about Wildcat’

Boggess said one of the really cool things about the Lexington and UK community is that everyone has a story about the Wildcat.

The first Wildcat mascot, Gary Tanner, appeared on UK sidelines in 1976.

For many years, the first male student who didn’t make the cheerleading team became the mascot, Boggess said.

The mascots played a part in some of Kentucky cheer’s 24 national championships, because before UCA created a mascot division, the Wildcat would participate in the cheer team’s routines.

“I can’t imagine the stunts and the tricks that they used to do, because that’s way better than I could do,” he said.

Boggess said he recently heard from someone who had a picture of her parents with the Wildcat, taken well before

digital cameras.

Now, in the age of smartphones, everyone has a picture with the Wildcat. A tip from Boggess: If the Wildcat in your picture is wearing a white wristband, it was Boggess inside the suit.

Boggess’s time as the Wildcat has come to an end, and he has a framed Wildcat jersey to remember his time by. He said he will miss the community of UK Athletics, as well as serving the larger community through his role as Wildcat.

“Wildcat is probably the most time-consuming thing I’ve done,” Boggess said. “But it’s also the most rewarding thing.”



Ross Boggess unmasking himself as the Wildcat on Memorial Coliseum Basketball Court.



Espresso YOURSELF

STORY BY PRESLEY DOSS | PHOTO BY EMILY WRENN

We all love our Starbucks coffee that is relatively the same no matter which Starbucks you go to. Here in Lexington, you can skip generic coffees and venture off to one of these local coffee shops less than a mile-and-a-half from campus. The list of local coffee shops includes Chocolate Holler, Coffea, North Lime Coffee & Donuts, Third Street Stuff and Coffee, Lussi Brown Coffee Bar, Common Grounds, Daily Offerings Coffee and Roastery, A Cup of Common Wealth, and High on Art and Coffee.

I couldn't just give out a list of my favorite coffee shops near campus without giving you the low-down of each one of them before you go.

First, we have **Chocolate Holler**. This little coffee shop has a lot of open space with a variety of coffee choices and original drinks in chocolate form. The atmosphere here is very welcoming, with the sweetest baristas and rustic scenery. It is calm and subtle and would be a great place to have a study session or a good conversation with friends.

Coffea is a coffee shop right on campus. The atmosphere here is inviting, with green tile squares covering part of the walls and plants hanging from the ceiling. There are many options ranging from brewed coffee, espressos, hot chocolate and a nice selection of café foods. The

baristas are super welcoming and quick at making your coffee.

North Lime Coffee & Donuts is located at the intersection of North Lime and West 6th Street. This hole-in-the-wall coffee shop is loaded with tasty yeast and cake donuts, along with a loaded menu full of brewed coffee, cappuccinos and an option to create your own specialized drink. This small but mighty coffee shop would be a nice spot to come chit-chat with friends or study a little bit.

When you pull into the parking lot of **Third Street Stuff and Coffee**, you see the colorful artwork on the outside of the building. The inside is just as bright and creative. The atmosphere is comfortable and family friendly, with coloring pages for small kids and a lunch menu. The menu has quite the variety, with coffee drinks, iced and frozen, along with food. Seating options range from bar stools to couches and table tops.

Lussi Brown Coffee Bar is near the courthouse downtown. It is a small shop that is more grab-and-go than sit-down. If you do decide to stay a while, there are limited seats available. The menu is limited, but the coffee is good and worth a stop.

The Common Grounds High Street location is a very unique and comfortable place. Common Grounds is a huge coffee shop filled with tables and couches, along with local

artists' artwork pinned along the walls. The menu has many options for food and coffee along with many different types of teas. This would be a great place to come to study or enjoy time with friends.

Daily Offerings Coffee Roastery is downtown, across from Rupp Arena. The coffee shop is a very modern open space. The menu is small but the flavors are rich. The baristas behind the counter are knowledgeable of their menu. The coffee shop has windows all around so it is a great place for natural sunlight and people watching.

A Cup of Common Wealth has great character. The coffee shop contains a "Pay it Forward" wall, where people can prepay for drinks and hang up a note on the wall for someone to pick from and get a free drink. The baristas are beyond helpful to customers.

High on Art and Coffee showcases an amazing menu with many food and coffee options. The baristas are welcoming and sweet. There are a few circle tables to sit and enjoy your coffee or breakfast or lunch.

Any of these coffee shops would be a great place to escape the hustle and bustle of campus life. Even if you don't have anything to study or specific to do, take the time and visit these cute places to really get a feel of the amazing town we live in.

2019

Dates to Remember

COMPILED BY SHELBY ARNETT | PHOTO BY BRITTANY LYDEN

AUG.

- 21st - Freshman Move In
- 21st-25th - K Week
- 26th - First Day of Class
- 30th - Paint U @ Gatton Student Center Parking Lot
- 31st - First Football Game of the Season

SEPT.

- 1st - SAB Street Fair @ Avenue of Champions
- 2nd - Labor Day (Academic Holiday)
- 13th-15th - Family Weekend
- 23rd-24th - *Hire* Blue Internship and Career Fair

OCT.

- 4th - Opening Day of Keeneland
- 6th - DanceBlue 5K @ Kroger Field
- 11th - Big Blue Madness
- 12th - Homecoming
- 18th - Blue-White Game
- 21st - Midterm
- 21st-22nd - Fall Break
- 27th - First Basketball Game

NOV.

- 27th-30th - Thanksgiving break

DEC.

- 2nd-6th - Less Stress More Success Week
- 9th-13th - Deadweek
- 16th- 20th - Finals Week
- 20th- Winter Break Begins
- 29th - Mens Basketball @ Louisville

Tips to Talk to Your Professor

STORY BY ALLIE KING | PHOTO BY JORDAN PRATHER



Accounting professor Cynthia Miller poses for a photo in her office in the Gatton College of Business in Lexington, Kentucky.

As you begin your freshman year of college, keep in mind these tips on ways to make yourself stand out in the classroom and create relationships with your professors.

Coming straight from high school, many of us are used to having classes with 30 people, maximum. We are used to knowing our teachers from the first day on, and, more importantly, having them know us. This is one of the many adjustments that you have to make when coming to a big university. According to the university website, 30,277 students attended the University of Kentucky in the fall of 2018. Being one person in a crowd of thousands makes it important to stand out and get to know your professor.

One thing that I have learned in college is that it is important to have an open line of communication with your instructors. By doing this, you are creating a more accessible platform of help when you need something. In my experience, professors care about their students. They are willing to help you learn the content, earn the grade and succeed in life after college.

“It is beneficial for first-year students to get to know their professors because the relationships cultivated can create future mentors, internship opportunities, research positions, networks within a career field, resources for recommendations — for graduate school, careers, etc. — and it most always help students be more academically prepared in the classroom,” said Kasey Borchardt, Senior Program Specialist for First-Year Experience.

You can begin creating that open line of communication on the first day of class and these tips can help you.

Introduce Yourself

“An introductory email never hurts, and I would venture to guess that most professors would love to meet their students in person,” advised Borchardt.

Introducing yourself to your professor at the beginning of the semester allows them to put a name to your face early on. They have a multitude of students and the earlier they learn who you are, the more likely they will remember you throughout the semester.

Be Present and Active in Class

Even in a class with hundreds of students, you can have the same experience as you would in a smaller class if you do it right.

“I would advise showing up to class on time, engaging in class discussions, and interacting with the professor,” Borchardt said.

Making minute decisions like sitting in the front, paying attention to the lecture, and asking questions as well as answering questions in class will show your professor and teaching assistant that you are doing your part to learn.

Go to Office Hours

“Go to their office hours within the first three weeks,” said Katherine Speece, Student Body Vice President. She mentions that you can go to them for more than just help in that course. “If you’re not sure what you want to do with your major ask them for advice and even if you are confident in what you want to do, ask them how you can get started on your career now,” Speece said.

Office hours aren’t for students who need last minute help before the final. You should attend office hours early in the semester and be sure to ask any questions that you have as the semester goes

on. This is another way to let your professor know that you are doing your part to earn the grade.

Do Your Part

A professor is more willing to help someone that they know has done their part to earn the grade. By submitting assignments on time, attending class regularly and being open in asking for clarification, you are setting yourself up for help when you need it.

Use Appropriate Email Etiquette

Make email exchanges easy for your professor. Make sure they have your name, section, and student ID number. This will allow them to look up anything they might need on Canvas or myUK with ease. Write to them as you would write to any professional. Do your best to respect their title, whether it is Dr. or Professor, which is probably something they will specify on syllabus day.

Be Specific

When you have a question or need something from a professor, be specific. Let them know the chapter, lecture, or date of the class that you need clarification from. Give them any details you have and let them know what you already know. The more specific you are, the more diligent of an answer they can give you without rehashing old information and spending too much time on the subject.

Remember That They Are People Too

Just like you, a class is not the only thing important in your professor’s life. Respect their time off and keep questions to office hours or times that they state they are available via email on their syllabus.



Cheap *Things* to do in a Small Town

STORY BY MACY HAGEN

I absolutely love living in Lexington as a student—not only because I’ve bled blue my whole life — but because there are so many forms of entertainment. I never get bored living in the city, which is something I’m definitely not used to. I grew up in a small town and am living back here for the summer. So far, it’s been harder for me to find things for me to experience and enjoy when I get some free time, but I’ve learned that I like the process of planning out fun adventures. I found simple spots that could provide a lot of fun. I can find these in my hometown, and I have no doubt that you can find something similar to do in yours. You just might need to do some looking. Here are some things I’ve found to do if you’re living, or even working, in a small town this summer.

Unique Downtown Shops

Just like bigger cities have their own downtown atmosphere, my small town does, too. With boutiques on each corner and downtown restaurants, the sidewalks are always busy with locals and tourists. One of the coolest shops we have is an all natural beauty care shop that sells soaps, lotions and bath bombs. When I walk in, I’m tempted to buy everything!

Nearby Hiking Trails

On the outskirts of our town, we have an arboretum called Bernheim Forest. It’s known for its hiking trails and beautiful scenery. I think it’s perfect for a picnic, a photo shoot, or a stroll with a special someone. There are multiple features of the arboretum, such as a tree overlook, a lake, a garden, and a cafe. You can really make a day out of this spot or a similar natural area near you.

Town-Favorite Food Spots

I can’t put it into words how much I love Southern comfort food, and luckily there’s a perfect place for it. Mammy’s Kitchen (doesn’t it sound like home already?) has some of the best breakfast food and burgers you can find in this town. Another great place for dessert is a simple diner that serves up the best milkshakes. This is a tradition that generations before have enjoyed, so why not treat yourself and try the popular spot in your small place?

Historic Landmarks or Museums

My town is known for Stephen Foster’s home called My Old Kentucky Home, located in a park with tours available of the property. Many people, especially tourists, dive into the history of this town. If you’re a history buff, check into any cool landmarks that played a part in making the place you are in unique.

A Classic Movie Theater

This is my go-to option for a rainy day. I’m actually ending the day today going to see the new Aladdin movie and plan on ordering the largest popcorn and some chocolate candy. I grew up going to this theater and each time I head back in to see the newest movie, the familiar smell of popcorn takes me back to my younger years and reminds me that I will always consider this place home.

Locally-Owned Coffee Shops

Before a cute little shop opened up about two years ago, we didn’t have a single coffee shop in my town (another reason why I fell in love with Lexington: all the coffee options). This is one of my favorite ways to spend a day catching up with old friends or get some summer studying done. It’s located right in the middle of downtown so I really like to enjoy the window seat and watch all of the cars go by.

For more on Local Coffee Shops refer to page 9.

Everything SCHOOL



PHOTO BY MICHAEL CLUBB | STAFF



GETTING *Involved*

STORY BY ARIZZONA ALBRIGHT

Getting involved in college is one of the best ways to get acclimated to college life. Coming to college can be scary, but the University of Kentucky has many opportunities to find your place here. As a freshman, I was unwilling to branch out and meet new people and as a result, I spent a lot of time in my room, making for a lousy experience. I eventually looked into ways I could get involved and meet students on campus, and now I couldn't imagine myself at any other school. To help make the most of your time at the University of Kentucky, consider getting involved in any way you can!

Clubs are plentiful around UK's campus. During your first week on campus, K Week, there is a gathering of all the clubs and recreational sports for freshmen to meet students already involved, ask questions, and sign up for clubs they're interested in. This is a great event to see all the options UK offers, and I guarantee you can find something that sparks your interest.

Many times, you will sign up for clubs, but not be as interested in them later on. I have learned that although something may seem one way at the beginning, it is always worth giving it a shot. You never know what other opportunities could arise.

Living in dorms and Living Learning Programs are less talked about, but great ways to be involved in the UK community. Try getting to know the people you're living with because you probably have more in common than you think. Living Learning Programs bring together students within the same college or major, so you are always surrounded by familiar faces. This goes beyond your freshman year and you could potentially meet some of your life-long friends within your housing community. Having a good relationship with your roommate is also important. Never hesitate to talk things through if issues arise; plus, Resident Advisors are there to help your dorm experience be easy and enjoyable.

Getting involved in your major and classes can also make your freshman year a great one.

Finding a study buddy in each class is a great way to succeed at the University of Kentucky while making some of your best friends.



PHOTO BY JORDAN PRATHER | STAFF

Students participate in a DanceBlue line dance in March 2019. DanceBlue is a philanthropic event where students dance for 24 hours straight to raise awareness of pediatric cancer.



PHOTO BY ARDEN BARNES | STAFF

Members of Delta Gamma cheer as their new members rush down the street toward the DG house during UK's sorority bid day in September 2018.



PHOTO BY MICHAEL CLUBB | STAFF

Students participated in the annual Holi Festival of Colors by throwing cups of colored powder into the air in front of the Main Building in April 2019.

Don't be afraid to sit next to a stranger and befriend them. Chances are they were too shy to sit by someone first, so you could really make each other's experience valuable. Your professor can be a valuable resource as well. Introducing yourself after your first class creates a relationship between the two of you, and helps your professors remember your face and name. I've found this to be helpful when I have to go to office hours for some extra help because it is much more comfortable when the professor is somewhat familiar with you.

More on getting to know your professor on page 12.

Working in and around campus is another way to get involved. UK Dining, the UK Bookstore, and UK Campus Recreation and Wellness are always offering opportunities to students.

Through these workplaces, students are exposed to phenomenal work ex-

perience while interacting with other students.

Going to the University of Kentucky was one of the greatest decisions I made because of the abundance of opportunities it has to offer. The campus, though pretty large, can be made to feel much smaller through clubs, jobs, residence life, your major, and your classes. If I could give my freshman self advice today, I would say, "Step out of your comfort zone and try it all!"

I have met all of my friends here at UK through one of these involvement-type groups.

Everyone I surround myself with loves the UK community and loves being involved on and around campus. As you settle into your new home, think about how you picture your future at UK. I love the University of Kentucky because there is truly something for everyone, and I am certain you can find your path here.

How to become a *Kernelite*

ARTICLE BY BRITTANY LYDEN | PUBLICATION COVERS BY KERNEL MEDIA STAFF

Becoming a Kernelite is easy. Succeeding as a Kernelite takes hard work, dedication and a desire to be a part of one of the elite collegiate media outlets in the nation. Take these simple steps to become a part of the Kernel Media Family.

1. Get to know us.

Kernel Media is a student run organization that produces a daily newsite, a weekly newspaper, magazine publications once a semester and much more. Journalists, photographers, designers, social media and modeling positions are filled by students every semester to create each publication and help run the organization.

2. Come meet the gang.

The Kentucky Kernel offices are located on the third floor of McVey Hall on central campus. It is an easy stop between classes to come meet the team as well as the Kernel media advisors.

3. Email Our Lead Kernelites.

Rick Childress: editor@kykernel.com
Allie King: krnlmagazine@kykernel.com

4. Bring Your Friends.

Encourage your friends to join you because the Kernel family is always looking for unique and diverse voices.



STUDY *Resources*

STORY BY ASHLYNNE ARNETTE | PHOTOS BY MICHAEL CLUBB

I hope you're excited for your first year of college involving lots of studying. Finding the perfect environment for studying can be hard on a busy campus. We have done the research to ensure you have the best study spots on campus.

The Study

The Study is a free peer tutoring center for most core classes in business, science, and mathematics. The goal of learning from other students is to help you relate and relax in a tutoring environment. The Study has THREE locations on Campus.

The Study South in Woodland Glen III, The Study North in Jewell Hall, and The Study Central in Donovan Hall. These are all located in resident halls, so no worries about going to the library. Keep in mind their hours do differ:

The Study Central & The Study North: Monday - Thursday 2 - 10 p.m.

The Study South- Monday: Wednesday 4 - 10 p.m.

Both The Study North & South are open on Sunday from 4 - 10 p.m.

Fine Arts Library

The Fine Arts Library is next to the Fine Arts building on main campus and houses over 30,000 resources and materials on music, art, and theatre. Resources available in the library include computer stations, printers, tables and desks, and eight group study rooms available for reservations. With an open floor plan and natural lighting, this quiet environment can help you thrive in studying. This library is open to all majors and has a great view of campus.

Intermezzo

Intermezzo is a café that has all of your fresh deli needs and offers breakfast on campus. It is on the second floor of The Patterson Office Tower. They are open Monday - Friday 7 a.m. - 2 p.m. and closed on Saturday and Sunday. The best part of Intermezzo is it's in the middle of campus.

Gatton & Willy T. Study Rooms

Gatton & Willy T. have useful common areas for studying. Both have study rooms that are available to us for free. You can reserve up to 28 days in advance and 12 hours before your designated time. There is a two-hour limit to each room, if you are in a study group you can coordinate and have a member of your group reserve the hours right after you.

Cats Den

Cats Den is a recreational spot located on the first floor of the Gatton Student Center. They host free entertainment including, Trivia Night and Open Mic Nights. When there aren't events going on, it can be the perfect study spot during the day. They have multiple high-top tables and plugins for you to set up camp and study.

HEALTH & WELLNESS

STORY BY ASHLYNNE ARNETT | PHOTO BY BRITTANY LYDEN

We are so excited that you have chosen the Wildcat Nation as your home for the next four years. Your time here will be the best and hardest moments of your academic career, but us Wildcats stick together through it all. College brings so much joy and happiness but can also be very demanding. Balancing homework, social life, sports, and work can be hard.

Luckily at UK, there is always a listening ear. Whether it be your best friend, roommate, RA, or even professor that helps you through hard times, someone is there to help you out. Sometimes it's hard to open up to those closest to you, and that's okay. Here at UK, we have an abundance of FREE resources to use that includes The UK Counseling Center. UKCC offers therapy, confidential counseling, and education to any currently enrolled student. Not only are these available to us

students, but faculty and staff, family, and friends. According to their website "Staff at the UKCC strive to create a welcoming, inclusive environment for all UK students to promote exploration of any personal problems or concerns."

Starting a new chapter in life can be overwhelming, but at UKCC, a main focus is stress management and personal well-being, with a relaxation room and workshops to help with those tough moments. The relaxation room and workshops are drop-in and do NOT require an appointment.

One of their best resources is their FREE Let's Talk program that provides confidential conversations with their staff. They hold walk-in hours at multiple locations across campus Monday and Thursday. For more information on Let's Talk locations and times visit their website.

UKCC offers walk-in appointments from 9 a.m. - 3 p.m. on Monday, Thursday, and Friday and 12 - 3 p.m. on Tuesday and Wednesday. They do have phone lines that are open 24/7, even on holidays. Appointments for weekly therapy are available. Their workshops, relaxation rooms, and Let's Talk program are highly encouraged when booked or busy. Group therapy and couple therapy is also available.

Events and workshops also happen throughout the school year and can be found on their website. These resources are here to help and are FREE for us students. They keep complete anonymity and accept walk-ins for us on the go students.

You do not have to feel alone going through this crazy change of pace in school. Talk with friends, teachers, or The UKCC in those hard moments.

- 24-hour Crisis Consultation: (859)-257-8701
- UKCC is open from 8 a.m. to 4:30 p.m. - Monday through Friday
- Located in 106 Frazee Hall

Self Care is NOT Selfish

STORY BY JORDAN GRISHAM

“REST AND SELF-CARE ARE SO IMPORTANT. WHEN YOU TAKE TIME TO REPLENISH YOUR SPIRIT, IT ALLOWS YOU TO SERVE OTHERS FROM THE OVERFLOW. YOU CANNOT SERVE FROM AN EMPTY VESSEL.”

• ELEANOR BROWN •

As mental health awareness has become less taboo to discuss, society is starting to recognize that it is perfectly normal to seek help when you are feeling overwhelmed, sad or depressed.

We seem to always make sure that everyone else around us is okay and happy, except ourselves. We tend to lose ourselves while trying to make sure others are cared for, which can lead us to feel unhappy and empty.

One way to shine a little light in your life and make yourself feel better is to practice self-care. Whether you try a hot bath, talk to a therapist or take a day off to play video games and eat a Chalupa Box from Taco Bell, it is sometimes the little things in life that bring you back to your center, to

where you feel most yourself.

I, along with most people, feel like I am not being productive when I am doing the little things in life I enjoy. After a stressful day, I love to take a hot bath, order takeout, sit on my couch and watch my favorite television show or movie. It makes me feel like me again.

If you are not sure what makes you feel at your center, I recommend searching through the things you already enjoy in life. And if you still aren't sure, then search for new things that you might be interested in and step out of your comfort zone. You never know what you could discover about yourself. That is what is so beautiful about life: the unknown discovery that could be waiting for you any second.

PHOTO BY ARDEN BARNES | STAFF
Lori Cooley gives one of her mares
prenatal vitamins on her farm in Harrison
County, Kentucky on June 28, 2018.



HOME OF THE

Bluegrass





PHOTO BY ARDEN BARNES | STAFF
UK linebacker Kash Daniel listens to the National Anthem before the VRBO Citrus Bowl against Penn State on Jan. 1, 2019. Kentucky defeated Penn State 27-24.



PHOTO BY MICHAEL CLUBB | STAFF
UK's cheerleading team making a pyramid during ESPN College GameDay at Rupp Arena on January 26, 2019.

THE *Team*

Editor-in-Chief

Brittany Lyden

Content Editor

Ashlynn Arnett

Writers

Ashlynn Arnett
Arizzona Albright
Presley Doss
Jordan Grisham
Macy Hagen
Allie King
Brittany Lyden
Bailey Vandiver

Designers

Brittany Lyden


Photographers

Arden Barnes
Michael Clubb
Brittany Lyden
Jordan Prather
Emily Wrenn

Behind the Scenes

May May Barton
Ryan Craig
Andrea Giusti

CONTRIBUTORS



It's your dream.
Imagine what you can do.



Free Account-to-Account Transfer



Free Checking* No Minimum Balance, No Monthly Fees



Free Online & Mobile Banking with Mobile Deposit



Access to over 65,000 FREE ATMs

We'll be here along the way. For life.

UK's Official Credit Union since 1937.



**UNIVERSITY OF KENTUCKY
FEDERAL CREDIT UNION**

ukfcu.org | 859.264.4200

Federally insured by NCUA



Student Center Branch located across from UK Bookstore (Barnes & Noble).

*Free Checking includes: Personal, Student & Senior Checking accounts. Membership eligibility required. See a representative for details.

WE KNOW YOU'RE BUSY.

We understand you have important things to do. But if you could take just a few minutes out of your day to make sure you're connected for the latest emergency updates, wouldn't it be worth your time?

-  BeReadyLexington.com
-  @LexKYEM
-  @LexKYEM
-  LexingtonKYEM
-  Broadcast Radio – AM 590 - WVLK and AM 630 - WLAP
-  NOAA – All-Hazards Weather Radio

 Broadcast TV – know how to view local stations if cable or satellite coverage is out



LEXINGTON FAYETTE
EMERGENCY MANAGEMENT



Are YOU Prepared?

BeReadyLexington.com



Clark • Estill • Fayette • Garrard • Jackson • Jessamine • Laurel • Madison • Powell • Rockcastle

Brought to you by the Chemical Stockpile Emergency Preparedness Program.



**EXPERT DENTAL CARE
FOR UK FRIENDS & FAMILIES**

 Dentistry

CLINIC INFO:
859-323-DENT (3368)
UKDENTISTRY.ORG
UNIVERSITY OF KENTUCKY COLLEGE OF DENTISTRY

WELCOME WILDCATS

We have everything to start the school year off right!

- Sexy Lingerie, Small to 3x
- Shoes & Novelties
- Sensuous Oils & Lotions
- Risque Greetings & Gag Gifts
- Party Games
- Videos & DVDs for rent for sale
- Bachelor/Bachelorette Party Supplies

Halloween Costume HQ

Monday - Saturday: 10 a.m. - Midnight

Sunday: Noon - 10 p.m.

Must be 18 to enter

20% off

Good through
December 31, 2018

CIRILLA'S

Where Fun & Fantasy Meet

2690 Nicholasville Rd
Just Inside the circle • 373.1290

kentuckykernel

WORK FOR US!

The Kentucky Kernel is always looking for more team members. With a wide range of job options, there's something for everyone at the Kernel.

You can:

WRITE STORIES

FOR NEWS, SPORTS, OPINIONS OR LIFESTYLE

TAKE PHOTOS

OF CAMPUS HAPPENINGS FROM PROTESTS NEAR WHITE HALL TO BASKETBALL GAMES AT RUPP ARENA

DESIGN FOR US

LAYING OUT OUR WEEKLY PRINTED NEWSPAPER OR CREATING GRAPHICS

JOIN OUR ADVERTISING TEAM

AND WORK WITH LEXINGTON BUSINESSES TO ADVERTISE IN OUR PAPER AND ON OUR WEBSITE

Email editor@kykernel.com if you are interested in any of these positions or want to learn more about the Kentucky Kernel. Or stop by the third floor of McVey Hall, room 338.

www.kykernel.com

Do you accept Plus Account?
Advertise in the
University of Kentucky's
Plus Account Directory
for 2020-2021

Contact Andrea Giusti at
859.257.2872 or
kentuckykernelandrea@gmail.com



**ALWAYS FRESH.
NEVER EVER FROZEN.**



  raisingcanes.com

2019-2020

PLUS ACCOUNT

PARTICIPATING LOCATIONS

PHOTO BY JORDAN PRATHER

Published by Kentucky Kernel





ZAXBY'S



We accept
UK Plus Account Cards

UK campus location:
1115 S. Broadway
859-523-8543



90 flavors
Under 300 calories
24g of protein



128 Burt Road | Lexington

DONATOS PIZZA

Every piece is important.™



MAIN & ASHLAND
728 E. Main
Serving UK &
Downtown
(859) 269-5700
Donatos.com

E30519.011

WE ACCEPT
UK PLUS
CARDS!

ONLINE ONLY SPECIAL!
\$10.99 FOR
OUR FAMOUS 14"
EDGE TO EDGE®
PEPPERONI PIZZA

USE PROMO CODE: **922**
Expires 9/30/19
VALID ONLINE ONLY.
Not valid with any other
coupons, specials or discounts.
Mention coupon when ordering.
Tax & Delivery Charge not
included.

ORDER WITH THE APP OR AT DONATOS.COM

RAMSEY'S



Ramsey's
Zandale location

151 West Zandale
Lexington, KY
40503

Hiring students
&
Offering flexible
hours



Joella's

HOT CHICKEN

VOTED BEST!

ORDER THE BIRD ONLINE!

TATES CREEK
at COCHRAN RD.

859-296-9593

HOTCHICKEN.COM

MADE-FROM-SCRATCH MEALS

without the drive home



GOOD FOODS

CO-OP

LOCAL · FRESH · ORGANIC

Lexington's only
community-owned
grocery & cafe

455 SOUTHLAND DRIVE
WWW.GOODFOODS.COOP

HAPPY HOUR 4-5 p.m.
20% off all sushi rolls



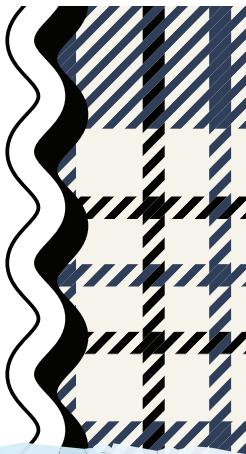
1080 S Broadway #201 • Lexington, KY 40504
www.blureefsushi.com

every hour. every day.
kentuckykernel
www.kykernel.com

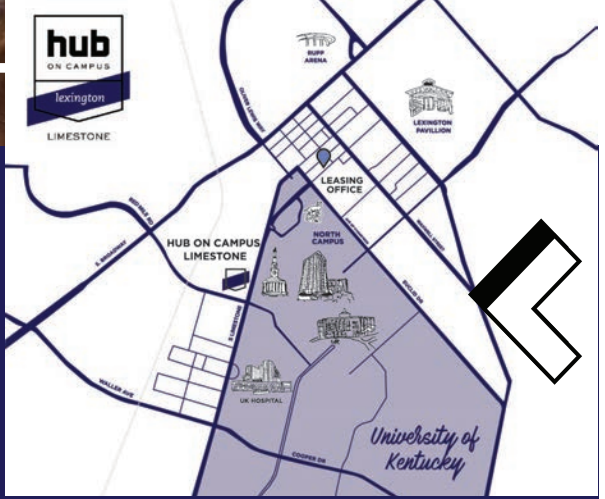




LIMESTONE



*When it comes to where you live.
Don't settle for anything but the best.*



hub Lifestyle



See you on Instagram,
@HubLimestone

The Hub Lifestyle is proud to be back in Lexington!
Hub Limestone opens Fall 2020. Join our VIP list
to receive insider information about our Grand
Opening and leasing. #HubLimestone

HUBLIMESTONE.COM | 859.317.2506 | 341 S. LIMESTONE



STUDY HARD. BANK SIMPLE.

CENTRAL STUDENT CHECKING

Central Bank Student Checking is a smart and easy way to get started with basic banking. Open an account and get free online and mobile banking, no ATM fees, remote deposit, Central Wallet® alerts, Popmoney® and so much more. Central Student Checking: just one way we strive to be Central to you. See a Central Banker for complete account details.

300 West Vine Street • 859-253-6222 • centralbank.com



CENTRAL TO YOU



Member FDIC