UCF groups remember 9/11 victims

**Jeffery Bily**

Radical Rush, an event held every semester in the Progressive Organizations get active at Memory Mall

**Jonathan Ronember**

Radical Rush week, an event held every semester in the Progressive Organizations get active at Memory Mall

**Caitlin Smith**

High Times associate publisher Cusick praises activism at UCF

**Jonathan Ronember**

Radical Rush, an event held every semester in the Progressive Organizations get active at Memory Mall

**Mellissa Chaudhur**

Emotional support, goal setting and acceptance of self-worth are the keys to a healthy immune system, according to last season’s contestants on The Biggest Loser.

**Tara Young**

Chuck and Janice Ruschak, parents of Michael Ruschak, a murdered UCF student, have announced that they plan to file a civil lawsuit against the Seminole County Sheriff’s Office.

**Melissa Chaudhur**

Emotional support, goal setting and acceptance of self-worth are the keys to a healthy immune system, according to last season’s contestants on The Biggest Loser.

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Organic Birth to beshown Sunday
Orlando's special-interest
beings the documentary Organic Birth to viewers
Sunday at 8:30 p.m. in Health
and Life's "People & Planet,"
showing a chance to make
a difference. The film is presented in
cooperation with UCF Women's Studies and the Florida School of Medicolegal Science, and it interposes everyday experiences with the thinking womans moments of women in the society that surrounds them.

Organic Birth brings us the real lives of women who are giving birth to healthy babies through natural childbirth methods. The film features interviews with women who have used natural birthing methods and their partners, as well as medical professionals who support natural childbirth. The film explores the benefits of natural childbirth, including reduced pain, decreased intervention, and improved maternal and newborn outcomes. The film also challenges the traditional medical model of birth and encourages women to make informed decisions about their own births.

The film is directed by Rachel lesion, a midwife and childbirth educator, and it is produced by Catherine Johnson, a filmmaker and midwife. The documentary features interviews with midwives, obstetricians, and other healthcare providers who support natural childbirth.

The film is rated PG-13 and has a runtime of 90 minutes. It is available for streaming on Amazon Prime Video and Hulu. The film is also available for purchase on DVD.

Organic Birth is not only an eye-opening experience for those who are new to the topic of natural childbirth, but it is also a powerful reminder of the importance of choice and autonomy in our healthcare systems. The film is a must-see for anyone interested in women's health, childbirth, and birth rights.
SDS holds music-based protest at Millican Hall

His speech inspires

Victims asked for help

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The Style of Your Life.
and DeSantis early this morning, and officials closed four lanes across the island at about 9 a.m. Traffic backed up on both sides of the island as motorists were routed north to Interstate 95.

National Weather Service meteorologist Kirk Caanuau says the road will likely remain closed for days. He says Kirk's winds will bring in heavy waves across the Panhandle through Saturday.

Magic forward Pat Garrity retires after nine season in Orlando

ORLANDO — Orlando Magic forward Pat Garrity is retiring from the NBA.

Garrity played 10 pro seasons — nine with the Magic — after spending his rookie year with the Phoenix Suns. He appeared in 53 games for Orlando, second most in franchise history.

Judge orders inmate back to jail to change in less-convict pants

TAMPA A Florida judge ordered an inmate to wear his undergarments because of sagging orange pants deemed to take action this week.

Circuit Judge Daniel Perry denied offer to have a hour and a half Wednesday, as he was thrown in a bucket to jail to add that a number of them could change into better-fitting — if at no a fashion-als — ones.

According to a court transcript, Perry said he did not want to use people "with their rear ends hanging out of their pants." He added: "We're done."

The Hillsborough County Sheriff's Office reminded deputies of "proper methods" for inmates and some were punished or delivered to the courthouse.

Recent act makes 2008 deadliest year for Americans

KABUL, Afghanistan — An insurgent attack on a compound in eastern Afghanistan killed a U.S. soldier, bringing the year's death toll to 127 and marking the deadliest year for American forces in Afghanistan since the 2001 invasion.

The NATO-led coalition said the soldier was killed Thursday when insurgents attached a improvised explosive device to a vehicle. Details on other details. A Western military official said the soldier was American.

"Attacks like this year have turned more brazen, sophisticated and powerful," said a December's baby, cutting the number of killed this year, surpassing last year's record death toll of 153.

Some 35,000 U.S. troops are stationed in Afghanistan, the highest level ever.

Kim Jong Il recovering after stroke that led to brain surgery

SEOUL, South Korea — Kim Jong Il seemed in good shape early after a stroke last month and could have partial paralysis on one side, medical reports said Thursday, after the North Korean government said the ailing communist leader remained in control of his country.

Foreign doctors, possibly Americans, had performed the operation after Aug. 13, the newspaper Voice of America reported, citing unidentified government officials.

Kim's condition has improved, and he is not suffering from slurred speech, a disability often associated with a stroke the serious stroke.

If Kim were incapacitated, it could have serious implications for international negotiations on North Korea's nuclear disarmament.

The talks recently a war because of a dispute between North Korea and the U.S. over how to verify the North's nuclear program. Washington in its proposed plan of North Korea from a list of nations that support terrorism.

Evolution president calling for release of U.S. ambassador

LA ZAG, Bolivia — Bolivia's Evo Morales Monday is calling for the defacing of the U.S. ambassador allegedly encouraging anti-government protesters.

Morales said he has asked the foreign minister to send a note to the ambassador Philip Goldberg asking that he leave the country.

Bolivian foreign minister did not offer specific evidence on Wednesday in rejecting the accusation.

The relationship with Goldberg has been chilly ever since the American arrived in Bolivia in 2004.

Bolivia has been rocked for two weeks by increasing violence, and Morales on Wednesday said he plans to leave the country.

The conflict is over natural resources, with Morales' stance that "we are in the process of defending." He was given to landfills.

Confusion said Israeli leader will step down for successor

JERUSALEM — A confidant of Prime Minister Ehud Olmert says the Israeli leader will step down immediately after this week to new leader this month.

The comment Thursday of the leadership change said Olmert would try to remain in office for months.

The Olmert confidant says the Israeli leader will formally resign "immediately following the primary." He spoke on condition of anonymity because the Israeli leader has not made plans.

Olmert's announcement came the presence of English Channel, officials say.

"We've decided to break out in the underground English Channel and caused iodine packs under, for all packages have been examin-

The official says 35 posts were also closed. A dozen traffic lights were blown out, and all were evacuated safely.

Traffic in the underground tunnel has been suspended because an explosion is still unexploded.

The official says 35 people were also evacuated. A dozen traffic lights were blown out, and all were evacuated safely.

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Transportation to train air traffic controllers

OU has 372 contract employees in the training program and officials say Raytheon Co. is absorbing any who are not.

The University of Oklahoma is launching a contract to help train air traffic controllers at the Federal Aviation Administration's academy in Oklahoma City.

OU has held the contract for more than 20 years but the FAA announced Tuesday it is awarding Raytheon a 10-year contract worth about $55 million.

OU is participating in the air traffic controller entry-level training program with field training done in concert.

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Aberle focuses on positive thinking, healthy living

When Aberle first heard of the NBC show, she thought the show idea was horrible. How mean could they be to call her fat and not beautiful? There she was, at an aspect of life she was proud of as she watched the overweight contestants. "I’m big, but not that big," Aberle said. 

But after watching and seeing the contestants working hard to shed pounds and realizing that some of their height and weight ratios were very close to her own, Aberle became interested in trying. After nearly making it on the show two seasons in a row, only to be rejected at the final stage, she almost gave up. But after watching the show again for the fifth season, her desire to change never met before, they eventually developed a friendship and a partnership. Aberle enhanced her theme of keeping positive influences around by informing the crowd that just because you have a negative attitude from your life, it doesn’t mean you can’t change. "I watched the show, and it was one of the most uplifting characters on the show." Salazar said the loss made him realize he was dealing with his own stress associated only to the opposite extreme. Above all, he stressed to the audience that anyone can achieve their goals and they are right the effort.

"It’s one of those things your own personal loss of a loved one to bring in speakers. They decided on Aberle and Salazar for support her. Both said they related very well to them. Members of Kappa Alpha Theta were inspired by the contestants’ success and found comfort in their message of healthy friendships that will last a life time, I’m able to share the story often, but he felt that they related very well to their experience and celebrity support. Some were fans of the show already, and favored the two. Mandy Rucker, a senior major, was a fan of the show. "To me," Aberle said, "it’s not only was I given the opportunity to lose weight, change my life and create healthy friendships that will last a life time, I’m able to share my story, past, present and future, with these girls." Salazar agreed and joined Aberle on the trip to Orlando to help support her. Both said throughout their speech that the support they gave each other was the key to their success. "It’s one of those things where you don’t do things alone," Salazar said.

"I love the show, and Brit­tany was such a personal inspiration," Rose said.

Aberle spoke with about the importance of getting out and speaking to groups like the UCF sororities. "To me," Aberle said, "it’s not only was I given the opportunity to lose weight, change my life and create healthy friendships that will last a life time, I’m able to share my story, past, present and future, with these girls." Salazar agreed and joined Aberle on the trip to Orlando to help support her. Both said throughout their speech that the support they gave each other was the key to their success. "It’s one of those things where you don’t do things alone," Salazar said.
SCHOOL LOANS
WON'T REPAY THEMSELVES

After grad careers, part-time jobs, and internships,
START BUILDING
UCF sweeps Wildcats, prep for FIU tourney

RYAN BASS  Staff Writer

It was a different atmosphere at home for the UCF Volleyball team last week to say the least. There were 305 fans in the venue on Wednesday night as opposed to 1,500 who came out two weeks ago to see No. 2 ranked Stanford. And Bethune-Cookman was not even ranked.

The results were also a little different. Behind strong offense play from the middle blockers Jenny Hep- pert and Lauren Williams, UCF defeated the Wildcats 3-0 with final scores of 25-16, 25-13 and 25-12.

Both Heppert and Williams each racked up 10 kills, but Williams was the story of the night as she recorded a career-high .769 hit percentage. That ranks her fifth all-time for a single-match in school history.

"We got into the conference season for us to be successful, we can't be so side hitters," UCF head coach Todd Diggin said. "Both Lauren Williams and Jenny Heppert had career-type nights. I believe we did a really nice job of finding ways to get the ball to the ball and making it successful.

UCF hit a season-high .35 for the match against the Wildcats, with 36 kills. The Knights are 25-14, 10-7 in the league, where they beat Pacific and tied the Penguins in Naples.

NEWS TO NOTE

OFFENSE

'Weakness can be turned into strength. That's what we wanted to do today,' Heppert said.

The Knights executed well throughout the entire match.

After UCF won the first two sets, it looked as though the Wildcats were going to be able to fight for a third set. But Heppert and Williams scored the first point of the third set.

The Knights improved to 19-8 all-time against the Wildcats and won their first match of the season that took less than five sets.

'Four-setters are important because that shows mental toughness and we are happy to win those,' Heppert said. 'When we win Eisenhower matches, that means that we went out and executed, and that's what we wanted to do today.'

The Knights are 20-9 on the season. After UCF won the first two sets, it looked as though the Wildcats were going to be able to fight for a third set. But Heppert and Williams scored the first point of the third set.
Strong competition ahead for Knights

With teams, it’s all about the schedule. That’s when conference and national championships are won and lost. The spring schedule for the UCF volleyball team was announced Thursday.

For 16 players on the roster for UCF this season, Wednesday’s 3-0 victory over Florida Atlantic was just the first step in the Knights’ fall season.

"We know we had to stay focused on the next game," said outside hitter Erin Campbell, who had 13 kills in the match. "I think we really focused on that in the huddle at the end of the game and getting ready for the next one."

The Knights didn’t let up on either side of the net in the second run of 13 or more unanswered points to put them up 1-0, but the Knights had their work cut out for them in the second set.

"We have to serve runs and not letting up on our serve," said assistant coach Yarimar Rosa. "Our outside hitter, Ross, is as good as anybody that we are going to see this year." Diagon said, "That’s a good challenge for us. We’re going to see if we can stay with her without letting anyone else beat us."

The Knights continued their season with a victory and will be on the road for the next stretch of games in the fall season tied for second on the Knights’ roster with 10 kills on Wednesday. She has recorded 10 or more kills in each of the Knights’ first two matches this season.

NOBODY’S STREAKING

Outside hitter Erin Campbell had 13 kills in Wednesday’s win over Florida Atlantic, putting her total to 10 or more kills in each of the Knights’ first two matches this season.

"They’re outside hitter, Ross, is as good as anybody that we are going to see this year," Diagon said. "That’s a good challenge for us. We’re going to see if we can stay with her without letting anyone else beat us."

The Golden Eagles have won 20 and 21 matches this season in their last four games. They will play Penn State on Thursday, Oct. 25, in the NCAA tournament. The match is scheduled for 6 p.m.

In the most recent publication of the NCAA tournament, the Golden Eagles are ranked No. 2 in the nation. The Golden Eagles have a wealth of experience on their roster, including former All-Americans Stephanie Rado and Patricia DeLeon.

The team’s newly returned to the court, including former All-Americans Stephanie Rado and Patricia DeLeon.

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Vegans and meat eaters alike can enjoy Ethos

JONATHAN VORHEESE
Central Florida Future

In front of Lake Ivanhoe in downtown Orlando is Ethos Vegan Kitchen, a new restaurant that offers a wide range of hearty meatless dishes like Shuffle's Pie (a meatless Shepherd's Pie) and a Poutine among Us (Grilled portobello mushrooms and cheese curds served with sweet potato puree). "I try to come as often as I can. I try to come once a week," food reviewer Veronica Santisteban says, "the people are awesome, they are friendly, it's like a big community here.""Vegans is a type of vegetarians in which none of the food products come from animal sources. That classifies foods such as tofu, cheese, and eggs.

In 2008, Orlando Weekly chose Ethos as the best breakfast in Orlando. After three years of operation, Ethos has received a variety of favorable reviews from its patrons. The restaurant was reviewed in Orlando Weekly and Laina Shockley opened the restaurant in 2008. It's the only one in the city after Christmas.

"I've been a vegan for about seven years now, something like that," said Laina Shockley. "I always wanted to open up a restaurant, and I turned a vegan to a dog and down downtown for a while, so I knew that there was a demand for this type of cuisine, so I decided to open this up." She said she has two things in mind: food and music. She feels that music and food should be enjoyable. She also promotes the idea of a restaurant where people can come to enjoy the restaurant and music. She feels that people can come to enjoy the restaurant and music. Ethos provides a safe, comfortable, and equal working environment for the workers. It's a really good atmosphere," said Laina Shockley.

"In addition to serving vegan food, the restaurant is also the first in the area to offer primarily organic and locally sourced meats. It also serves a variety of fresh and delicious vegan food at a reasonable price that everyone can enjoy.

"I like to come as often as I can. I try to come once a week," food reviewer Veronica Santisteban says, "the people are awesome, they are friendly, it's like a big community here."

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Open mic night as a hip-hop art form

JONATHAN HOFMANN
Staff Writer

For more than a year a local music music venue in downtown Orlando was a bustling hub for urban art and culture. The raw energy of the hip-hop scene was a testament to the power of community and the transformative nature of artistic expression. The space was a melting pot of creativity, with performers from all backgrounds coming together to share their talents and connect with one another.

The venue was a physical manifestation of the vibrant hip-hop scene in Orlando, and it served as a catalyst for change and progress. The community that had been nurtured in the venue was a reflection of the broader hip-hop community in the city, and it was a place where people could come together to celebrate their shared love of music and art.

The venue was not just a place for performances, but a place for networking and socializing. Performers could meet and greet their peers, and they could connect with fans and potential collaborators. The venue was a place where people could come together to form new relationships and to build a sense of community.

The venue was a place where people could come together to celebrate their shared love of music and art.
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