Student health becomes priority

New position will focus on getting in shape

ANDREA CONTRERAS

One UF C student is the planner for programs that promote a healthier life for everyone.

Anthony Cobb, a senior molecular and medical genetics major and the first student to hold the position of on-campus student health coordinator, serves as an advocate for UCF health issues and works on improving access to resources for on-campus health options.

"There have been a lot of people in the past who have an event, and you give everyone different advice about losing weight, and then they don't follow up," Cobb said. "With this program, there is follow up."

This fall, Cobb and the SGA are launching three new programs to do just that. "Get in Shape the Knight Way," "Fit Smart, Eat Knight" and "Get the Knight Protection" are programs focused on helping students to lose weight and adopt healthier lifestyles whether through sensible eating and exercise or safer sex practices.

"Get in Shape the Knight Way" includes a Biggest Loser-style weight loss competition where the over-weight person can lose 10,000 pounds or gain 15,000 pounds of muscle by March 17, 2009. The programs are free.

McKee rallies in Tampa

For the former Republican Presidential aspirant who claims to be the freshest, that is exactly what he told the crowd of about 1,500 people Tuesday at John U. McNay Hall on the Boca Raton Community College campus. He acknowledged that he doesn't know how many people were there but "I'm really happy about that." An aide later pointed to a "boneheaded" sign that someone had held up in the crowd.

"I've been in this business for 40 years, and I'm seeing a lot of things I've never seen before," Larkin said. "For example, the MCAT scores among the highest I've ever seen."

NAFO CHIEF SAYS RUSSIAN TROOPS CAN'T BLOCK GEORGIA

A NATO chief said Wednesday that Russia cannot block Georgia from joining the alliance and threatened to impose sanctions on Russia for taking part in an internal disagreement over how the states must work for membership.

Comm. colleges growing in size

Schools expanding with 4-year degrees

JILLIAN KROTKI

As universities like UCF enforce stricter admission standards, Central Florida community colleges are stepping up to ensure that their programs can have well-educated graduates by offering three-year degrees in some programs.

Seminole Community College is preparing to expand its interior design program in order to offer bachelor's degrees. Daytona State College, formerly known as Daytona Beach Community College, has already expanded its two-year business and hospitality degrees into four-year programs.

"If May [SCC] submitted a letter of intent to offer a Bachelor's Design Bachelor's degree," said Jay Davis, communications manager for Seminole Community College, "the state would have to pick the institution with the lowest tuition in the state."
Students inspire children with incarcerated parents

ANDREA UNGER
Corresponding Author

All children deserve someone to care about them, and with the Mentors Opening Doors, Enriching Lives mentoring program through Children’s Home of Florida, they are getting just that.

In an attempt to break the cycle of children with incarcerated parents, Children’s Home of Florida MODEL mentoring program matches these children with someone who will spend time with them and listen to them. The Children’s Home of Florida has been active in protecting the rights of children, finding homes, counseling, mentoring and many other family- and child-related programs since 1902. The MODEL mentoring program started in Central Florida in May 2006 and provides mentors to children ages four through 18 with an incarcerated parent.

According to a press release from MODEL, children with an incarcerated parent are more at-risk children in the country. Mentors are recruited in various ways. In addition to using Volunteer UCF as the first resource for the program, MODEL requests volunteers through the United Way, word-of-mouth, presentations and other distributions. The MODEL mentoring program matches mentors and mentees based on gender and location. The mentor-mentee pairs meet once a week at a predetermined time and location. The MODEL mentoring program pairs mentors and mentees by gender and location, there are boys who have been waiting for a mentor for a year. "Our focus now is trying to pair as many more males involved in this type of problem," said Linda Choos, volunteer coordinator and UCF graduate student. Many of the boys in the program are being raised by mothers and grandparents and do not have positive male role models or mentors. MODEL mentors spend an hour a week for one year with their mentees. For Jeremi Cheeks, a graduate student and public administration major, he finds the program rewarding even through time is limited. Cheeks thinks it is good for the kids to have someone to talk to and go on adventures with, even though finding the time now is harder than ever.

"Being a graduate student, I have work and school," Cheeks said. "(MODEL) has not been much of a time commitment when I was an undergrad." According to Cheeks, the program pairs mentors and mentees by gender and location, there are boys who have been waiting for a mentor for a year. "Our focus now is trying to pair as many more males involved in this type of problem," said Linda Choos, volunteer coordinator and UCF graduate student. Many of the boys in the program are being raised by mothers and grandparents and do not have positive male role models or mentors. MODEL mentors spend an hour a week for one year with their mentees. For Jeremi Cheeks, a graduate student and public administration major, he finds the program rewarding even through time is limited. Cheeks thinks it is good for the kids to have someone to talk to and go on adventures with, even though finding the time now is harder than ever.

In addition to support given throughout the year, the program, MODEL sometimes receives tickets to theme parks and special games for in-person games and movies. Tackling the mentors on these trips, when some have never even been to a movie theater, gives them the special attention they need and reminds them that someone does care. Visit the Children's Home Society of Florida's Web site, www.chsfl.org, or call (800) 878-9002 for information on becoming a mentor or volunteer.

LOCAL WEATHER

Thursday: High: 85º Sattered T-Storm: Low: 73º
Friday: High: 85º Sattered T-Storm: Low: 73º
Dietitian teaches students nutrition at Shape U

Caitlin Smith

On Monday, the Recre­

ation and Wellness Center­

a•

ed a buffet table lined with fake food to demonstrate the proper posi­

tions of its women and too, two men taking a "thin course" in healthy eating and lifestyle changes would need to adapt in order to succeed.

The program called Shape U is a six-week weight-management pro­

gram with an emphasis on individual attention run by UCF registered Dietitian Meghan Murphy Van Camp.

Van Camp said that "you can fit into a small little box," and that quick fix and any program that promises results probably is not good for you, she said.

"Fad diets are unhealthy, usually because they require you to cut out entire food groups, which denies your body of nutrients that it needs," Van Camp said. "As soon as you go off these diets, you experience what is known as the 'yo-yo effect,' meaning you gain 20 percent more weight than you initially lost.

September Blahz Lar­

catter decided to sign herself up for the Shape U program this semester for a reason.

"I've come to realize that crash diets just don't work," Blahz-Lacatter said. "I think that with Van Camp's help, I can eat better and lose weight in a more healthy way.

"Being thin doesn't necessarily mean health," Van Camp said. "One with a higher metabolism could appear anemic.

"Studies have shown that if you make your plate look well, you eliminate 200-300 calo­

ries from unhealthy foods just by eating healthier foods," Van Camp said. "You properly will have no feeling that you shouldn't eat because writing it down makes you accountable.

Although senior Chris Ippolito does not want to lose weight, she experiences an entirely dif­

ferent form. "I thought I was eating way too much, way too fast," Ippolito said. "I think that learning how to portion my meals out would help.

The Shape U program is $22, but the orientation class is free. The program includes two appointments with Van Camp (an initial consultation and exit consultation), e-mail correspondence, a book on healthy lifestyles and a pedometer. Van Camp also holds walk-in hours for any UCF student to stop by with questions about proper nutri­

tion.

Van Camp hosts several workshops and demonstrates that including sessions on eat­

ing well as a student leader, avoiding the freshman 15, feeling anxious and not getting enough sleep.

All of Van Camp's pre­

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Van Camp said, "We need to accept the fact we really are before moving forward.

"Although weight loss is one of the primary reasons students join Shape U, Van Camp doesn't tell her patients to try so to certain foods because all foods have some sort of redeeming quality. "French fries are still veg­

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According to state officials, more than 400,000 students have taken advantage of the program, which started in January.

The department also announced that the online registration is now available online at wwwUNITYonline.com.

Palm Harbor man arrested for stealing more than 100 tons of DUNDEE — Authorities have charged a 29-year-old man with stealing more than 100 tons from a west Florida cemetery and selling them to a recycling company.

The Pinellas County Sheriff's Office said William B. Moncival of Palm Harbor stole 10 to 20 tons at a time from a Dunedin cemetery at night.

In August, several cemetery workers came forward to report the theft, where flowers are placed. screams heard at a Courtyard by Marriott company location.

Fish and Wildlife commission searching for deer killer

DAVID BUTLER — Fertilizer and Wildlife Conservation Commission spokeswoman is trying to figure out who killed and then de-skinned a 12-point deer from a game farm in Union County.

The white-tailed deer, which was a breeding buck named Peabody, was killed at shack's Game Farm in Union County.

Agriculture Commissioner reported.

According to the Abbeville County coroner's report, almost 30 of the 490,239 cases were current with headlines international news at www.CentralFloridaFuture.com.

Enrollment at the Board of Regents system is now available Orlando.

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free to all UCF students and include monthly weight-lose and the chance to win a sports-merchandise package donated by the Orlando Magic and the Tampa Bay Rays. The program is scheduled to start three weeks to the week of Oct. 13. Students can sign up for the program online, at one of the registration tables between 10 a.m. and 7 p.m. Oct. 13 at the Student Union or in front of the Recreation and Wellness Center. Every student that signs up will receive a t-shirt and the opportunity to meet the dieticians and trainers involved in the program.

There will be a presentation on dieting and exercising the right way on Oct. 17 at 7 p.m. in the Ora-"Prince Ballroom in the Student Union. Speakers from the SGA and the Recreation and Wellness Center will there to offer their advice on attaining a healthier lifestye.

Beginning that same week, East Smart, Get Healthy, will allow students and those good choosers highlighted on campus around campus, eat out the right meal for body, soul and salvation. The program encourages "fat loss through healthy eating, but still leaves room for the occasional hamburger.

Because students think that they have to eat something that's fresh or go-now looking to be on a diet," Cobbs said. "But don't have to eat Salad every day in order to be on a diet and have fun with it." While these two programs deal with healthy eating and getting in shape, "Get the Knightly Protection" encourages safe sex. It is partnered with Trojan Condom Co. to offer free condoms to students around campus. Cobbs said he plans distribution centers at the Student Union, Recreation, and Wellness Center, the campus pharmacy and select dorms. These centers will not only offer free condoms to students, but also sexual health information through resources and speakers at the distribution sites.

These programs are encouraged to encourage students to finally lose the weight they're wanted to lose and discover a healthier, safer lifestyle through on-campus recreation programs.

Indian student runs for office

Jami Lober, 21, for mayor of Bloomington, Ind., in 2007. She said her motivation came from a desire to fight for the citizens of Bloomington.

"Those are the people who invest in me and recognize me that I am the one to fight for," Lober said. "These are the voiceless people whose lives would have dramatically better if a result of having me in the mayor's office. And these are the few I will fight for as an ordinary citizen doing extraordinary things.

Marc Brown, a volunteer for Lober's campaign that said Lober never lost her campaign. "Jamie never attacked her opponents," Brown said. "She spoke about ideas and little minds talk about people and even li-ter minds spread false things about people. She pledged to never lower here- self.

She said Lober had to become immune to the trash that the other candidates themselves imposed upon her. "I learned what it was to have some people like you, some people hate you but you respect you, and my experiences on the campaign trail were a com-bination of some of the most embarrassing and rewarding.

She was never intimidated by anyone with grey hair and a bald. She said, "I knew they had a lot of power with the people, and I inspired by her experi-ences."

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The newly established College of Medicine, which is scheduled to open for the fall semester of 2003, is projected to bring in UCF as a real player in the state. As of Sept. 23, 2,700 applications were on file, but it is quite early, many of the interested classes are on set to receive $1000 scholarships to help with tuition and books during being operated for the season.

According to Dr. Bartzen, UCF in the past nine years, there has been a significant increase in the number of applications received from students interested in the College of Medicine. This increase can be attributed to several factors, including the growing demand for healthcare professionals and the reputation of the UCF College of Medicine.

For more information, please visit the UCF College of Medicine website: [www.ucf.edu/collmod](http://www.ucf.edu/collmod).

# More degrees give students options


ded and renowned researchers while using the best and latest in technology and simulation, and we are the first school in the nation to offer a full scholarship to every member of our 2003 class. These incentives make UCF's College of Medicine an exciting choice for students with tuition and expenses for the season.

"We are looking for students who can demonstrate compassion for others," Larkin said. "It also means we have the ability to offer full-ride scholarships to help students with good MCAT scores and GPAs and for those who have demonstrated compassion for others." Larkin said. "We want students with good MCAT scores and GPAs and for those who have demonstrated compassion for others." Larkin said.

The student body has already made an impact at both the state and national levels with their volunteer efforts. "They are the very best candidates from around the country into the UCF College of Medicine. It is an opportunity and a great responsibility because our first class will help lead the way for future classes," Larkin says.

Just being popular, competitive, and having an available full-time scholarship isn't enough to apply to a school though. Larkin urges prospective applicants to do their research about medical schools.

"Do your homework," Larkin advises. "When you have an opportunity to choose between programs, take the time to read about each medical school program. Specifically look into the curriculum for integrated basic science and clinical training and availability of "live" clinical training opportunities. Determine whether there are multiple and varied training hospitals that can provide a wide array of cases with diverse population groups. Finally look into the personal support and "comfort" of the program to make sure it is a good match for you based on your desires and passion. You will find all of these things in the UCF medical programs that will lead the way into 21st century.
Knights’ defense knocks off No. 17 Illinois

William Perry
Staff Writer

The UCF Women’s Soccer team came up with a big win Sunday by defeating 17th-ranked Illinois 2-0. The Fighting Illini (4-4-0) came out swarming on offense, putting extra pressure on the Knights in their defensive zone. At times, they moved the ball at will and forced UCF goalkeeper Aline Reis to make difficult saves in the early stages with opportunities from close range.

The Illini surrendered goals when forward Chichi Nweke squinted a shot by Reis that rolled near the near post, but Christine Petruccio was there for the save to clear away the near goal. At times, they moved the ball at will and forced UCF goalkeeper Aline Reis to make difficult saves in the early stages with opportunities from close range.

To open the second half, UCF scored a breakaway goal in the 46th minute when forward Chichi Nweke got the break. UCF's Boca Thomas fired a cross from the center of the box that was there to take it. She crossed back over to her right with the keeper down and fired a shot from Sheri Hince, the ball off the right post. Then, in the 42nd minute, the Knights got their break. UCF's Boca Thomas fired a cross from the center of the box that was there to take it. She crossed back over to her right with the keeper down and fired a shot from Sheri Hince, the ball off the right post. Then, in the 42nd minute, the Knights got their break. UCF's Boca Thomas fired a cross from the center of the box that was there to take it. She crossed back over to her right with the keeper down and fired a shot from Sheri Hince, the ball off the right post. Then, in the 42nd minute, the Knights got their break. UCF's Boca Thomas fired a cross from the center of the box that was there to take it. She crossed back over to her right with the keeper down and fired a shot from Sheri Hince, the ball off the right post. Then, in the 42nd minute, the Knights got their break. UCF's Boca Thomas fired a cross from the center of the box that was there to take it. She crossed back over to her right with the keeper down and fired a shot from Sheri Hince, the ball off the right post. Then, in the 42nd minute, the Knights got their break. UCF's Boca Thomas fired a cross from the center of the box that was there to take it. She crossed back over to her right with the keeper down and fired a shot from Sheri Hince, the ball off the right post.


Reis records yet another shutout

Game highlights, including interviews with head coach Tom Reis and players Andy Burton and Brian Cervantes, are available on the official website of the University of Central Florida's soccer team.

Men’s soccer powered by frosh

After a disappointing first half, the Knights capitalized on their second-chance goals to break the game open in the second half. Brian Cervantes scored the first goal of the game on a rebound from a shot by Mark Barrios in the 53rd minute. The Knights then went on to win the game 3-0.

Season opens Nov. 16

The University of Central Florida Men's soccer team opened its season with a 3-0 win over the University of South Alabama. The team scored three goals on five shots, with goals from Mark Barrios, Nick Scherer, and Brian Cervantes.

University of Central Florida Area

- 12800 Collegeiate Way
- 407-277-7676

- 123 Specious Rooms w/double bed in Men's Rooms
- Courtyard Cafe Open for Breakfast Daily
- Outdoor Pool Open and Heated
- 2 Meeting Rooms for up to 40 people
- High Speed Internet Access

All 3 locations within 1/2 mile from UCF located on University Blvd!

"The Marriott Way"

NEWS TO NOTE

UCF men’s soccer powered by frosh

UCF soccer winger Ben Bacher scored three goals in the team’s 6-3 win over Georgia Southern.

UCF improved to 2-5 in its final game of a four-game road trip against Old Dominion 2-1-1 in 3-2-1-0. On the season, the Knights had a strong finish in the finale of the Old Dominion Steel Soccer Classic, in which they dominated their opponents against a good defense and a good performance from goalkeeper Sean Johnson.

"I am just extremely proud of this group of kids and our attitude," UCF head coach Bryan Cunningham said in a press release."From the time they wake up, they're good about themselves from sophomore goalkeeper Sean Johnson," said "The Johnsons really bought into the system and it showed today.

WILLIAM PERRY

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WILLIAM PERRY
The stock market is also our problem

A study of America's most important jobs and an American University in Lynchburg, you the time to go vote, people feel inconvenienced to out.

The real possibility for change went crazy selling where turnout was around one, even us college kids. Forget it.

Smoking not just bad for smokers.

The Bill was never added to the legislative calendar and died in the new Congress this office in 2005. The legislation is not all dead; it's still in our election, but we would cor-

Whatever the intention, any prohibition to get people to be off the job is a violation of free speech. The real problem is that smoking is bad for health and doesn't make any sense.

WASHINGTON, D.C. — In a story that apparently ended with a confession of sexual harassment, Frau

New Orleans made up proactive citizens

I graduated last year, but as a sopho-

The election day initiative was the best possible way to ensure your voice is heard and that you are being represented by an open and honest government.

New Orleans residents are attempting to follow in Liberty's footsteps. Benefited in fear of losing their jobs, people who might not vote anyway.

Whether or not you agree with Liberty University's policy, it is the first organization to not encourage or political participation, but also to proactively change the world for the better.

Neither, however, are elected Independents or registered voters.

Oh, I'm not trying to say that what Bergman was was wrong or that it's an offense of worry, but I'm saying that we shouldn't be so concerned about things going away present.

I'm not saying that beating Bergman was a stock plummets or goes down in price because football is the breadwinner for the football phone-sex news was going away.

And that brings an end, hopefully, to a controversy to二是接通老师，才没有大出事情来。

One reason we have brokered some of these deals was because football is the breadwinner for the football phone-sex news was going away. And that brings an end, hopefully, to a controversy to that.

Eighty percent of UCF employees restrict smoking in order to prevent the adverse effects of smoking on the health of employees and students.

The number of students who smoke is on the rise and it is estimated that more than one in five students at the university is a regular smoker.

According to the university, smoking is a major concern for faculty, staff, and students as it can lead to serious health problems and even death.

The university has implemented a comprehensive smoking policy that includes restrictions on smoking within campus buildings and designated smoking areas.

It is important to note that this policy is designed to protect the health and well-being of the entire community and to create a smoke-free environment for those who choose not to smoke.

The policy also includes provisions for assistance to help students and employees who wish to quit smoking.

Out of curiosity, should we look to the university for advice on how to develop effective smoking cessation programs for our schools and communities?

We need to ensure that our students and employees are aware of the risks associated with smoking and are provided with the necessary resources to make informed decisions about their health.

With the increasing prevalence of smoking in today's society, it is crucial that we continue to promote healthy lifestyles and provide support for those who wish to quit smoking.

Thank you for your time and consideration in this matter.
We the People

Happy Birthday!
Celebrating 221 years of the U.S. Constitution

UCF will observe Constitution Day on Wednesday, September 17, 2008

Find more information online at www.constitution.ucf.edu

University of Central Florida
HELP WANTED

BARTENDERS WANTED: Flexible schedule. Paid vacation. Mali Lounge & Concessions, located near the student union.

All students - Part-time work available. Mali Lounge and Concessions is looking for hard working, friendly, social individuals who enjoy working in a new, modern, upscale lounge and bar. 30 or more locations to pass free KnightLife Incentive Card. Contact: 407-447-4555

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SALES NIGHTS

Classified Sales Rep for KnightLife need to work Monday, Wednesday, Friday: 5:00 p.m. to 8:00 p.m. Must be available to work Thursdays in the student union. Must be bilingual in Spanish. Contact 407-447-4555

www.KnightNewspapers.com/classifieds

HELP WANTED

General

DIGITAL SALES POSITION

US-Community Publishing, a division of the Knight Company, is seeking a knowledgeable, self-motivated salesperson for the Central Florida Future. homepage. The position will assist in the sales of digital based advertising. Duties include sales calls, presentations, and follow-up with clients. Candidates should have a minimum of 2 years of sales experience. Career opportunities in a fast-paced environment.

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ROOMMATES

Available June 2nd, 2011. 3/2 Camo 123, 5/3 Pegasus Landing 4/4 Apt P.O. Box 228700 Orlando, FL 32822. Contact 407-641-0113

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Serious, he said that.

For more free financial life lessons, like how to get the Student Package with free checking and savings account with Keep the Change® and Online Banking Service, check out my online show at bankofamerica.com/fconjampus

By opening and/or using these products from Bank of America, you will be providing valuable financial support to University of Central Florida Alumni Association.

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Checking is free of a monthly maintenance fee for five years while you are a student. Student status will be validated upon account opening.

After the first five years, your CampusEdge Checking account will be automatically upgraded to MyAccess Checking. The monthly maintenance fee of $5.95 for MyAccess Checking will be waived as long as you have a monthly direct deposit. Fees for overdrafts and other account-related fees still apply.

You must open both a new personal checking account and a new Regular Savings account (referred to as Unlinked Market Rate Savings in ID and WA) at the same time, sign up for our Keep the Change service, and use your check card to make a purchase within 90 days of account opening.

This offer does not apply to current Bank of America customers or existing accounts. We may change or terminate this offer at any time.

The monthly maintenance fee (referred to as "monthly service charge" in CA) waiver on your Regular Savings account begins after your first Keep the Change transfer from your new personal checking account to your new Regular Savings account. Excess transaction fees on Regular Savings still apply. See our Personal Schedule of Fees for information about these accounts and our Keep the Change service.


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