Students receive a TASTE of HUNGER

At this year's Volunteer Hunger Banquet, students experienced first-hand the division of social classes, poverty and hunger.

During the banquet, students were able to experience the different social classes by being placed within them. Students were randomly assigned to the lower, middle and upper classes and served dinner within their economic boundaries.

The majority of students, those who represented the lower class, ate plain white rice and drank brown water, while a few who represented the upper class, were served chicken, rice, salad and iced tea. Colored-coded nametags categorized the students into different socio-economic classes, represented the lower, middle and upper classes.

"It's a very real and physical representation of the wealth distribution around the world," said Laura Waltrip, a staff adviser for Volunteer UCF. "We hope that students' awareness will change, and that they will change their eating habits.

Please See Local on 4

Banquet addresses real-world poverty

DENISE BLOOM
STAFF WRITER

Sophomore Sarai Tormes, 19, doesn't know what it's like to be poor. But Friday night she was sitting on a pile of newspapers eating rice with her fingers and suddenly she was.

Other students sat a few feet from Tormes, feasting on a four-course meal complete with chocolate cake.

Tormes is one of many UCF students who chose to participate in the Volunteer UCF Hunger Banquet, an annual event that is designed to teach students about world hunger and poverty. Each year the event is held close to the Thanksgiving holiday when most Americans are focusing on and wasting food excessively.

Higher athletic fee to improve sports teams

SARAH DOWNES
STAFF WRITER

The athletic fee will jump by $1.19 per credit hour beginning next fall after the UCF Board of Trustees unanimously approved the increase Thursday.

The athletic department will use the additional funds, about $1.1 million a year, to bolster itself and raise its profile. With the money, UCF will recruit athletes and coaches and offer more athletic scholarships. The money will also provide more tutors for athletes, purchase new equipment and build advanced athletics facilities.

Gail Strieger, the women's basketball head coach, said the extra money would put UCF in the same category as the state's prominent universities.

"Anytime we have a chance to add to the budget it enables us to move to the next level," Strieger said. "We want to be able to compete with top 25 teams that

Please See Students on 3

Back-to-back champs

--SEE SPORTS, 11

A different type of turkey

--SEE EDHERES, 20

Hitt's raise pushes him to the top

Without hearing from public, trustees adopt $93,000 raise

KRISTA ZILIZI
STAFF WRITER

In one of its last acts before being dissolved and without hearing any public comment, UCF's Board of Trustees voted Thursday to give President John Hitt a 40 percent pay raise, making him the highest-paid university president in the state.

The vote to award the $80,000 raise, which boosts Hitt's annual salary to $295,000 starting Jan. 1, was 9-2. Student Body President Marco Peña, who initially said he was uncomfortable with the raise in light of expected tuition increases, abstained.

Yet even one of the "no" votes was cast grudgingly by a trustee who is otherwise a big supporter of the president.

"My concern has to do with timing," said trustee Harris Rosen, an Orlando hotelier and the benefactor of UCF's Rosen School of Hospitality. "I think it's the right decision, but I don't necessarily agree with the timing.

Please See 46 percent on 6

The definition of insanity is trying the same tactic more than once and expecting different results.

--BONNIE HARPER

Higher athletic fee means more sports teams

UF and FSU night in and night out.

Increasing the salaries for coaching positions will enable the athletic department to hire a highly qualified and motivated staff. This, in turn, will lead to better performance on the field, Student Body President Marco Peña said.

Peña, who serves on the board of
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**No sale: Activists fight shopping rush**

**Gabriel Arnold**  
**Staff Writer**

As the latest trendy GAP commercial fades to black, the image of a chubby, giddy young woman pops into view.

A voice is heard saying: "The average North American consumes five times more than a Micronesian, ten times more than a Chinese person and 30 times more than a person from India. We are the most wasteful consumers in the world, a world that could benefit by example of the way we North Americans live. Give it a rest!"

This advertisement urges North Americans to shop with 30 countries around the world Friday for the 11th annual holiday shopping boycott referred to as "Buy Nothing Day" (BND).

Adbusters Media Foundation, a Vancouver-based group that promotes "Adhusteders: Journal of the Mental Environment," promotes BND. While millions of people flock to the nation's malls this year, many will accept BND's challenge and refuse to make any purchases the day after Thanksgiving, the nation's biggest shopping day of the year.

Senior Steve Borradaile, 29, agrees with BND. The environment suffers from people's overconsumption during the holiday season, he said.

"It's wasteful and it's the same thing every year," Borradaile said.

As a result, Borradaile said he is going to try to cut back on his holiday purchases this year and give handmade gifts instead.

"It's more original and personal," Borradaile said.

Senior Mary Dorsey, 21, agreed.

**Please see Homemade on 7**

**Student senate passes a resolution backing SUDIA**

**Ben Baird**  
**Staff Writer**

At the request of SGA senator Tyler Van Voorhees, the student senate passed a resolution Thursday in support of legal studies associate professor Diane Sudia. The resolution states the student body's belief that Sudia is a valued asset to the university in terms of criminal and legal studies, and that her termination would deal a severe blow to the quality of education the department provides. The measure passed without a dissenting vote.

The SGA resolution, a formal statement of a united student body, carries no actual power. Wearing a "Save Diane" T-shirt, Van Voorhees called upon his fellow senators to support Sudia in her fight against the administration.

[The resolution can be used as a springboard for other student body entities such as the executive branch to take action]. Van Voorhees said.

One group, the UCF Trial Team, has already taken action. The team placed first in an invitational mock trial competition that included several law schools just a few weeks ago under the coaching of Professor Sudia.

The members of the trial team have formed an official organization on campus called UCF Mock Trial. The organization currently consists solely of trial team members but plans to enlarge once more members are gathered.

UCF Keep Diane Vice President Nick Sedulie has already begun an awareness campaign in the form of "T-shirts in support of Sudia. The "Keep Diane," shirts sold out the first shipment of 60 the day they arrived, and Sedulie expects a new shipment of 100 at the beginning of this week.

"I think this will help a lot," Sedulie said.

"Basically we just need the faculty to see that the students do care about her, the students pay to attend the school and with that comes the responsibility to make our opinions heard.

The reasons for Sudia's termination remains unclear.

"The department feels that it is not the students' place to decide who is fit to teach," Van Voorhees told the SGA senate.

"The reasoning we can infer [for her termination] is that the administration found her teaching practices inappropriate," Van Voorhees said.

Van Voorhees called her teaching style "in your face," and said that her style reflects her experience preaching laws.

"The students doubt fee will make UCF sports teams stronger**

**From Page 1**

Trustee said he was voted in favor of the proposal because the fee would be used to improve and for now the increased fee can make that happen. "It’ll pay off in the long run," he said. "Once the teams become financially self-sufficient, the fees will shrink."

Assistant head football coach Alan Gooch said the fee increase should fund athletic scholarships. Many young men and women cannot afford to go to college. Athletic scholarships provide that opportunity, Gooch said.

Gooch said improved sports teams would give UCF much more exposure. "Being able to compete with well-known teams, like Penn State, puts a front on our school," Gooch said. Receiving national attention for sports opens the door to more apprentices and spectators, he explained.

Gooch added that a stronger athletic program would serve the interests of all students. "There is a perception that strong athletes bolster the value of a college degree," Gooch said. "We’ll all benefit through the increased athletic fee, giving us an increased sense of pride in our school and strengthening the school’s reputation."

Some students doubt the money generated by the fee increase will make UCF sports teams stronger, especially when the fee increase last few initiatives did not markedly improve the sports teams. Senior Jon Bob Hunter, 21, "Nine out of 10 soda says the students fee will make University of Florida sports teams stronger."

Other students, like senior Bonni Harper, 21, dislike the notion of higher fees. "I don’t want to pay more," Harper said. Considering the relative ineffectiveness of the last athletic fee increase, she added, "The definition of insanity is trying the same tactic more than once and expecting different results."

For the past four years, students have paid the athletic fee of $5.90 per credit hour. Prior to that, it cost students $6.50 per credit hour. The University of Florida charges students $8.25 per credit hour and Florida State University charges $4.25 per credit hour.
Leaves not only things changing next fall

Morning shift may alleviate some traffic on campus

KATRINA HAMMER

With the implementation of a new block-style schedule set for August of next year, students and faculty members can expect to see less traffic problems on campus.

To make UCF more efficient and help alleviate traffic problems, UCP’s academic leaders have proposed and approved a new schedule that will take effect beginning with the fall 2003 semester. Classes will begin at 7:30 a.m. rather than at 8 a.m., when a majority of the university’s workers arrive on campus.

The half-hour shift in the schedule will bring student commuters to campus earlier and keep them from clogging UCF’s roads. UCF Vice Provost Ed Neighbor, who helped develop and approve the new schedule, said that time is not the important aspect. “The driver behind this change is greater efficiency in classroom utilization,” he said.

This change allows for a more balanced schedule, one that will make use of classes evenly throughout the week. Neighbor said that the need for greater efficiency was inescapable, and something had to be done.

This change could not come at a better time, with UCP receiving negative attention for its lack of utilization of classrooms on Fridays. Neighbor said, “If we schedule Friday classes, students will come to them,” Neighbor continued.

Neighbor said UCP would not force colleges to schedule classes after 4:30 p.m. on Fridays, although colleges have the option of scheduling them. Administrators realize that both students and faculty do not want Friday evening classes.

The choice is left to each college when to schedule classes. Scheduled blocks will last roughly three hours, which colleges can use in one of three formats. Classes can be held in one 100-minute segment, two 75-minute segments or three 50-minute segments.

One of the benefits of the new schedule is that each college will have to schedule the entire three-hour block. For instance, “block 1” begins at 7:30 a.m. and continues until 10:20 a.m. The college will have to schedule classes for the entire block, rather than just portions of it. The college can schedule classes in one of the three previously mentioned formats.

Also, students should have no problems.

Please see Earlier on 7

Local volunteers dispel stereotypes about homeless

FROM PAGE 1:

realize even a little helps.”

Students had to donate two canned goods to participate in the event, but many felt it was a small price to pay for the experience.

“We might take a few things for granted,” said sophomore Magdelena Denzard,'99, but experiences such as this one help point out the things we should be grateful for.”

The Hunger Banquet also showed a documentary and slides to help reinforce its message.

Kelly Caruso, the founder and President of The Ripple Effect, hoped to convince students to fight world poverty and hunger by helping out locally.

“I am here to inspire you to say ‘no’ to the status quo,” Caruso said. “You can make a difference — you just have to start doing it. Although it may not seem like you are impacting the whole globe, you may affect one life and that’s huge.”

The banquet also tried to dispel stereotypes about the homeless. Steve Davis, a member of the Homeless Volunteers in Action, shared his story with the students.

“I am not the stereotype,” Davis said. “I was a cab driver who lost his job after Sept. 11.”

Davis, who is currently homeless, is working with The Ripple Effect and planning to attend Valernia to earn his degree.

PHOTO BY JULIEN HAMMER / CFP

BELOW: A documentary and slides were shown to further emphasize the message of hunger and poverty (above). While some students were selected to represent the upper class and served four-course meals, the majority ate rice dinners on newspapers (bottom).
### SGA Giveaway Day

**Get Free Stuff!**

**UCF SGA Association**

<table>
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| Where  | Student Union  
         | Noon - 2pm |
| Why    | Just Because |

Also, be sure to pick up your free scantrons and pencils outside the Union on Dec. 3, 4, 5, 6 & 9.

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### MIDKight Breakfast

**Dec. 3rd**

10pm-MidKight

Outside the Library

Free pencils, scantrons, & food!
46 percent raise makes
Hitt highest-paid president

FROM PAGE 1

Management. "If we were in a vacuum, you would have my unanimous vote," he said.

"Right now we are at war, and PAYS...".

"If you will vacuum, you would have my unanimous vote," he said.

"I cannot feel comfortable in today's world appointing this guy. The right thing to do is not to be oblivious to the world around us." Rosen instead suggested that a deferred raise of $600,000 to be awarded upon Hitt's retirement may be a more practical decision.

But trustee Tom Yochum, who was chairman of the compensation committee that researched and recommended the pay raise, said it was needed to make Hitt's salary more competitive with peer salaries and would help retain the man who has led UCF for the past 10 years.

"With the numbers this university has put up within the last three years, $600,000 is a pretty good compensation," said Yochum.

Last summer Yochum commissioned a New York-based consulting firm to evaluate the university's compensation. SECG, Sillson Consulting compared compensation for universities such as Georgia State University and George Mason University, both of which pay their president more than $300,000 a year, and concluded that Hitt's was way below the market.

"First, we don't want to pay below the median," said Yochum. "Second, President Hitt has been in this university longer than most presidents, and third, he's performing.

Within the state, the top earner is Florida International University President Modesto de la Maza at $50,000 a year, followed by Florida State President Sandy D'Alemberte at $40,000, and University of South Florida President Judy Genshaft at $27,000.

Yet while the current pay for Hitt, $81,000, is lower than national and state averages, he does enjoy several perks that other university presidents do not. He lives for free in a house on campus and receives a car, a country club membership and $21,267 for health care, long-term disability and retirement. He receives $24,250 of deferred compensation from the UCF Foundation.

Even then, Genshaft said Thursday, "Some people would argue whether our president should be paid $81,000."

But SARC will be open 24 hours!!!

The Student Academic Resource Center (SARC) will be open 24-24 hours beginning Monday, December 2 at 8:00 a.m. through Friday, December 6 at 5:00 p.m. During this "final exam period" SARC can provide students with the following services:

- Academic setting for studying
- A place for study groups to meet
- Computer access for preparing papers and reports
- E-mail access, and test preparation, programs such as MCAT, LSAT, GRE and
- Tutoring services (please check the tutoring schedule for tutoring hours).

SARC is located in Phillips Hall, Room 115 near the UCF Bookstore, (407) 823-5130 or http://pscweb.ucf.edu.
Earlier classes don't excite many students

FROM PAGE 4

with classes overlapping. The new schedule does not allow classes to overlap, since it is based on a strict block format.

Students may not like the change. "Most students don't want to attend class, especially after late nights of working or socializing," said Junior Sabah Kahlil, 20, of Indianapolis.

The new schedule makes it hard to complete classwork. "I used to do my work in class and now I have to do a lot of it outside of class," said Junior Adam Perkin, 20, of West Des Moines.

Homemade gifts better for environment, heartfelt

FROM PAGE 3

"I like making stuff for people as gifts anyway," she said.

The Adbusters web site provides a link for creative alternatives to holiday shopping. Some suggestions include: buying a gift of your time, making a garment to give someone, or filling a basket with homemade goodies.

While students may not enjoy the idea of early classes, professors like creative writing professor Debbie Weaver do not seem to mind the idea. "If students would be willing to come, then I would be willing to teach," Weaver said.

Adbusters refers to public protest demonstrations as "culture jamming." Culture jammers often use performance art as a way to raise awareness. "I might hang up artwork or posters," Moldoff said. "Sometimes you have to challenge other people's behavior, especially when you see something they don't want to see."
Muslim holiday clashes with American culture

FROM PAGE 3

me morally," he said. "I am doing the bare minimum of what I'm prescribed to do. I look at all the things I am allowed to do, and tend not to look at the things I can't do."

For Kureshi, doing the things he's allowed to do is a lot. He is vice president of the Muslim Student Association on campus, a member of Volunteer UCF's board of directors, a member of UCF's President's Leadership Council and is studying molecular biology to earn a pre-medical degree.

Kureshi is also a body builder. And while fasting seems contradictory to the lifestyle of a body builder, where large amounts of food and drinks are mixed with exhaustive workout sessions, Kureshi doesn't sweat that, either.

"It's only 12 hours from very early in the morning till about 5 p.m. [that you can't eat or drink]," he said. "Then you can eat as much as you want. Every evening I'll eat a meal, go pray and then work out. It's not a big deal. I eat enough to eat as much as I want."

Ahmed's evening schedule is very different. He'll fast in the month of Ramadan, which begins at黎明 (B:30am) and ends at sunset.

Ahmad, 19, a senior studying Aerospace and Mechanical Engineering, goes to the mosque to pray one of five mandatory prayers.

Ahmad admits he had to become Muslim because his parents raised him that way, but he wanted to really know about the religion before I said this is what I believe in," he said. "I studied other religions in a very objective way and my heart led me to Muslim." Ahmad admits he had to do personal soul searching before he could completely embrace his Muslim faith.

"I'm much more of a practicing Muslim now than I was in high school," he said. "But when I didn't know why I was doing certain things that my parents taught me. I did a lot of studying on my own to understand my religion."
Scholars make a difference with sibling setup

Rachel Zall, Staff Writer

At some point while growing up, students who have a younger brother or sister have wished that their sibling was never born. But for sophomore Jordana Labson, 20, being a big sister to someone is one of the most valuable qualities she could have.

Labson and Monisa McCormak recently started Big Brothers Big Sisters (BBBS), an organization to help emotionally deprived children, in their LEAD Scholars class.

Second-year students in LEAD Scholars have the option to do a practicum, instead of taking an extra course, for a grade. "We originally wanted to work with rape victims, but chose Big Brothers Big Sisters because of the serious issues that face young girls today such as sex, drug and body image," Labson said.

The assistant director of LEAD Scholars, Stacy Lazenby, is not only overseeing their coursework, but is BBBS's program adviser as well.

Jordana and Monisa felt that the Big Brothers Big Sisters program was a good choice for this project, and I agree," Lazenby said. As their professor, I have overseen their progress with the program and wanted it to grow from an idea to a dream come true. No grades have been given out yet, for they still have a final paper and presentation to do, but I am very proud of their accomplishments thus far.

BBBS of UCF currently has about 50 active members, as well as members that participate in the organization through an e-mail service, Labson said.

"By the end of the semester, we would like to have enough members in BBBS to be able to pair up every child that the [local] chapter of BBBS can give us," said 20-year-old junior, Kristen Witme, who is vice president of the new campus organization. "Men are especially high in demand."

The children in this program come from many different situations.

"Some [children] have been abused or neglected, while others are just in family situations where their parents think they could benefit from some one-on-one time from another adult," said Faith Rhubler, BBBS program manager.

"We have a lot of single parents with two or more children who work full-time and go to school. There are also parents who both work and just do not have the time they would like to have to be able to spend with their child," she added.

BBBS recently had a bake sale for its first fundraiser, and BBBS's public relations chairman, 20-year-old Elizabeth Barrick.

"We raised $115 and it was a huge success," Barrick said. "We will be having another one in the spring and also plan on doing a raffle in January where anyone can buy tickets to try to win prizes such as gift certificates to food and clothing places.

BBBS of UCF works with the Central Florida chapter, whose office is off Orange Blossom Trail. Every week, BBBS meets in the LEAD Scholars office since they do not have their own office on campus yet.

The only requirement to become a member of BBBS is to meet all the Golden Rules. Students must also go through an interview process with the Central Florida chapter. The student must consent to a background check as well. A child is then matched with the student to fit each other's personalities. However, the students are not the only ones who have to go through this process. The Big Brother/sister has to go through the same interview process as well.

Although the difficulties of starting a new club are inevitable, Labson has nothing but confidence in the club's success.

"This is an important time because many students can't handle the disorganization of a club getting off the ground and it's important to try to keep people interested and active," Labson said. "I have amazing people working with me and I expect to see the club grow outside the club. We all work really well together, and it's great to see that.

This practicum, a project originally started to receive an "A" for LEAD Scholars, has become a passion now for Labson.

"I wanted to pursue it further when I saw how how people were interested and how far we could go with this," she said. "Now, two months after starting this organization, I have a little project that I care about. It's the most amazing feeling in the world to start a club with two people and watch it grow into 55. It makes you really appreciate yourself and realize the things that are possible with a little initiative."
Wrong time for lavish raise

The UCF Board of Trustees ignored the sentiments of UCF students and faculty and irresponsibly approved a $202,100 raise for President John Hitt.

Yes, UCF has flourished during Hitt’s ten-year presidency, but to reward a single man for the university’s successes makes no sense at all. Hitt will get this raise on top of the free home, transportation and health care he already enjoys; not to mention the additional compensation and country club membership. Hitt already makes $292,100 a year. A man with a high salary and no expenses does not need a raise.

The board of trustees tried to justify the raise by comparing Hitt to CEO of a successful corporation. This logic is inherently flawed, as university presidents’ main responsibility is to educate, not to make money. Money should not be the bottom-line in higher education.

For example, if UCF faces a budget crisis, students’ tuition continues to rise, the university cuts back the services it offers students and professors go without raises, UCF cannot afford to give such a large pay hike to a figurehead. Hitt has numerous assistants and vice presidents who do the work of actually running the university. Meanwhile, Hitt sits in his office, inaccessible to the students whom he serves.

If UCF can afford to give raises, many university employees deserve them more than Hitt.

For example, UCF’s janitorial staff, the people who keep UCF looking beautiful, make pennies compared to President Hitt and do much more work. At an open forum earlier this year, Hitt told students the university cannot afford to pay these workers more, even though they are severely underpaid. The money just is not there, he explained.

Underpaid also describes UCF’s professors, who ask for paltry raises or often receive nothing. Professors represent the frontline in the university’s main mission, educating students. They certainly deserve raises more than Hitt.

The board of trustees further justified that UCF will now give to Hitt could fund many more pressing needs around the university. That money could go into the computer budget, so that UCF would not have to pay for printing services — a measure that UCF will implement because of the supposed budget crisis. The university could use the $85,000 to hire more professors, or at least compensate current professors better. Or UCF could offer more financial aid, especially to students who have had to wait months to receive their money.

The student voice on the board of trustees, Student Body President Marco Peña, raised many of these concerns at Thursday’s meeting. Unfortunately, when the time came to vote, Peña betrayed the students he’s elected to serve by abstaining from voting. Granted, Peña’s dissenting vote would not have prevented the measure from passing, but he wasted an opportunity to represent UCF students, who do not think that Hitt deserves such a hefty raise.

Energy companies buy right to destroy land

Once again, financial backers have dictated public policy for the Bush administration. President Bush relied on the energy industry to determine environmental policy. Bush and the Environmental Protection Agency have decided to relax pollution standards for utilities, refineries and manufacturers.

Under the new guidelines, these industries can release more pollution into the environment, and they will not have to install new anti-pollution equipment when they modernize their plants.

The new guidelines further call into question Bush’s commitment to protecting the environment, and may foreclose future policies that disregard environmental consequences.

People living in the Northeast, where these industries are based, will suffer the most from these new measures, as the air they breathe will almost certainly become dirtier. Apparently the health of the American people and the sanctity of the environment matter little to Bush compared to the interests of political donors.

Bush and the Republican Party were the main benefactors of donations from the utility, coal and oil industries during the 2000 and 2002 campaigns. Energy executives and the electric and mining industries donated millions of dollars to Bush’s successful presidential campaign.

In return for their largesse, Bush appointed donors to his transition team, which helped determine energy and environmental policy for the Bush administration. It is no surprise that the Bush administration has adopted policies beneficial to these industries.

Our stance:

“Wrong time for lavish raise”

Hitt deserves top pay

I Read that President Hitt deserves his raise ($99,000 wage proposed for Hitt, published Nov 18.) If someone took a picture of the school that I came here four years ago and compared it to the school now, one would be shocked.

Look at what he has done for the school. Look at the construction of Esplanade Health and Public Affairs, 3 and 2, Regency Hall, Engineering 2, the Albert center and the parking garages, with Potter 2 and Potter 2 on its way.

The student population has risen in quality and quantity in the last few years. Student housing increased dramatically with the addition of this community, Student Village and the purchase of Knights Landing and College Park. The amount of student organizations have doubled since my first day.

If we are in the NMU for football, the biggest thing since Divine Ligueuse. The campus maintains an amazing safety record. Hitt's job deserves great responsibility. It is impossible for one person to do everything that goes on at the university. Hitt is responsible for the safety and well-being of all 50,000 students. If Hitt's job was easy, everyone would be able to do it. I don't think any of us would complain about getting that raise. I understand that financial aid has been crazy. I also have the President's issues with NMU this and that. Everyone should have nightmares with registration. President Hitt's good qualities outweigh his few mistakes by far.

By A.J. Mccoy

Letters to the Editor

Letters expressed here are not necessarily those of the opinion page editors.

Send your letter

Don't agree with our columnists? Let us know!

Send e-mail to: editor@ucffuture.com or log on to www.ucffuture.com
Fries with your lawsuit?

**MENTAL DOODLES**

Christopher Arnold

If you really are what you eat, can you see what you become by what you eat?

Apparently, some lawyers in New York think so.

They recently filed a class-action suit against McDonald's, Burger King, Kentucky Fried Chicken, and Wendy's — wait, for it, wait for it — their food is making people fat. Daniel Bennett, lead plaintiff, went on: "Going by these lawyers' logic, am I now able to sue the makers of televisions and computers because my vision is so terrible? If so, look out Bill Gates — I'm 'gimme' for you.

High blood pressure, diabetes, obesity, asthma. Oy, from fast food! I would have never thought it possible.

For persons frequent some of those places more regularly than I should. But at the same time, I do not have a high tolerance for unhealthy food. I am not under any false impressions about the social deprivations that I serve.

I understand that what they serve is fatty, and by food I mean any food that they eat on "Fear Factor." I also realize that, even though McDonald's, Burger King, Kentucky Fried Chicken, and Wendy's — in which they cook their fries, it is still not a super serum that is going to transform me into Mr. Universe. It'sZen. Just saying the word usually adds a delicious twinkle to the average person.

Sometimes I have to wonder whether I've slipped through a shear in the fabric of space and time and handed myself right into Blitzer World. Growing up I was never under the impression that a steady diet of Big Macs and Fries would not make you fat. Before Subway came along, it was probably McDonalds' where I'd sweat out my meals.

Despite the frivolity of this lawsuit, it is readily and sadly apparent that lawyers will sue if a client comes calling.

With that understanding, we are forced to evaluate the larger issues that this lawsuit brings to light — among them being the lack of parity in involvement in their children's well-being, as well as accountability for personal decisions.

In pursuing this matter, the plaintiffs cite the growing numbers of obese children within the last 20 years. That trend is alarming, certainly. But to sue fast food restaurant chains in an attempt to rectify it only does a disservice to those trying to reverse the trend.

While some may contend this lawsuit can open up the public's eyes and reveal the disturbingly deformed shape of some of our contemporaries, the greatest likelihood is that it will drive people further into denial about the issue of obesity in children.

For a moment, let's just suppose the case went to court and the restaurants are found at fault — this is Blitzer World, after all, right? We would never see The Colonel or The Crown banished to an unemployment line; their businesses are too lucrative and their services too desired. But even if such an extreme measure were to result, guess what?

Those same obese children would most likely continue to be obese. Unfortunately, obesity is the result of a combination of factors — diet, activity, and sometimes, genetics. For the sake of our discussion, however, let's set aside the element of genetics and look at the first two.

Let's imagine a person whose diet consists of absolutely no fast food. Could that person be healthier than someone regularly focusing on drive-through windows and value meals? Sure. But it could just as easily be the same or worse.

Unfortunately, there is just enough garbage in supermarket carts for today's children to eat as there is beneath the Golden Arches. And we have not even taken into consideration their levels of activity. I shouldn't have to say this — but after reading about this lawsuit I feel might as well — regular physical activity of any kind is vital for anyone's health, but much more so during the formative years of youth.

Parents need to realize that "parent" is not always synonymous with "friend." Don't let children make Burger King their second home. Make them "eat their vegetables" and "clean their plate," as I often heard throughout my youth.

Don't let them watch 12 hours of television planted to a soft drink and fast food nutrition. At its core, it is not thrown out of court — which it very well should be — this case can only provide the defendants with a monetary reward.

The issue of childhood obesity is too serious to be mocked by such redness.

Could Bennett's scenario go so far as to imply that the plaintiffs are "sick" and therefore "deserving of pity?" I doubt it. Bennett's scenario goes further to imply that the defendant's habit of "giving kids what they want" is to blame for the "pitiful state of our children's health.

But what if the judiciary does not see this lawsuit as a "sick" one? What if the judiciary sees it as a "fit" one? If that is so — and while this is a bitter pill to swallow — then perhaps the judiciary sees and knows that they support the watered-down notion that "if you're a parent, then responsibility is an option." Filing this lawsuit is not going to help these children lose weight. And it most likely will not shed new light on fast food nutrition. At its core, it is not thrown out of court — which it very well should be — this case can only provide the defendants with a monetary reward.

The issue of childhood obesity is too serious to be mocked by such redness.

**THROWING STONES AT JAILHOUSE ROCK**

Danielle DePari

Prisoners are gaining more media freedom these days. They are free to watch cable television, learn an education in prison, and now — they'll be free to express themselves artistically and promote their talents in a reality show that glorifies real-life rock bands behind bars.

Call it Jailhouse Rock with a twist:

It's called VH1's latest reality series, "Music Behind Bars," features a prison band and portrays the life of criminals in prisons of all sizes and security levels and their musical triumphs. Sure, it describes the lawsuits and less than optimal conditions of prison. However, through all this the viewer is given what they do deserve — their 15 minutes of fame.

VH1, while offering "Music Behind Bars," should be praised for promoting a message of rehabilitation that glorifies real-life rock bands behind bars.

Call it Jailhouse Rock with a twist, that I doubt Elvis would be impressed. And neither am I.

VH1, while offering "Music Behind Bars," is not a reality series. "Music Behind Bars," features a prison band and portrays the life of criminals in prisons of all sizes and security levels and their musical triumphs. Sure, it describes the lawsuits and less than optimal conditions of prison. However, through all this the viewer is given what they do deserve — their 15 minutes of fame.

VH1, while offering "Music Behind Bars," should be praised for promoting a message of rehabilitation that glorifies real-life rock bands behind bars.

Call it Jailhouse Rock with a twist, that I doubt Elvis would be impressed. And neither am I.
These geezers drive me crazy

Stephen Hirst
STAFF WRITER

While driving the short distance from Jefferson Commons to Bubbalous's Bodacious Barbecue, I spotted an elderly man driving his massive Cadillac on Alafaya. I probably wouldn't have noticed him, except for the fact that he was driving at a suicidal-insulting speed of 75 miles per hour. Now I know what you're thinking — this opinion article is going to be another incoherent, hateful rant against old people; how they shouldn't be allowed to drive me crazy.

I wasn't going to let her age become an obstacle to her busy schedule. The fact that he was driving at a suicide-inducing speed of 25 mph was the true terror of the neighborhood. And it wasn't because she was senile and incapable of estimating her own speed; she purposely meant to drive that fast. She might have been a senior, but she had things to do, and she wasn't going to let her age become an obstacle to her busy schedule.

What I'm saying doesn't just apply to driving. As I get older and edier, I believe I'll be going faster and farther, or at least as fast as my body will allow. If anything, the present is the time to kick back a little. There isn't any reason to rush things now — not while I'm young. I've got about three fourths of my life left to live, and that should give me plenty of time to do things here in the present. It's towards the end of the race when I'll really be putting on the gas, trying to cram every last bit of enjoyment I can into the remainder of my life.

So look me up when I'm about 80. I promise you, I won't be one of those duffers sitting in a rocking chair, chipping Metail and dispensing my life's wisdom to the children. I'll be the old buzzard who took out the back seat of my car and replaced it with a tank of nitrous, peeling out of the nursing home parking lot while I'm shaking down a can of Red Bull.

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The volleyball team won its second consecutive Atlantic-Sun Championship

KRISTY SHONKA
STAFF WRITER

The women's soccer team did it. The men's soccer team did it. When it was the volleyball team's turn Saturday, those Knights did it, too.

The volleyball team became the third UCF team this academic year to win the Atlantic Sun Championship with a thrilling 3-2 victory over Georgia State. It was the Knights' second consecutive title and 10th overall, better than any other A-Sun school. The win gives UCF the conference's automatic bid to the NCAA Championships.

Freshmen Emily Watts and Chaz Arach combined on a block at match point in the fifth game to give UCF the win after a seesaw match, A-Sun Player of the Year Leyre Sastaela Santos answered that with a three-pointer when Dailey hit a lay-up two minutes later to again pull her team within one point, 32-31.

Sophomore center Takera Allen paced the team with a career-high 16 points in a reserve role. Freshman guard Claudia Johnson scored 15 points on 5-of-7 shooting from beyond the arc, and Seals had 11 points. Paige grabbed 13 rebounds, 10 off the offensive glass.

Forwards Brooke Gossel and Rachel Kneze lead the Panthers with 11 and 10 points respectively. "I'm happy to get the season underway, ready to play some people besides ourselves and see what the kids can do in a real game situation," UCF Coach Gail Strieper said.

On Friday night the Golden Knights began with a contest against Monmouth. UCF got off to a quick start, with forward Marvelous Washington scoring 13 points and helping the Golden Knights to a 13-5 halftime lead.

Yet they couldn't pull away in the second half, as Monmouth forward Rashia French scored 11 of her team's 28 points in the second half. A-Sun Player of the Year Leyre Sastaela Santos

Please see Watts on 19

Golden Knights turn up the heat

Wide receiver Jimmy Fryzel (right) had two touchdown catches on 174 yards receiving Saturday against Miami.

KRISTY SHONKA
STAFF WRITER

OXFORD, Ohio — The UCF football team was on a mission Saturday.

Obviously that mission involved beating Miami, but more importantly, it involved beating Miami in Ohio in the cold. The Knights wanted to prove they could survive in the cold-weather Mid-American Conference.

Consider mission accomplished as the team, comprised almost entirely of Floridian natives, beat the RedHawks 48-31 with the kickoff temperature a brisk 36 degrees.

"All off-season we've been hearing we

Please see Fryzel on 17

Opposites attack

Chris Bernhardt
STAFF WRITER

Finally they are complete. With its impressive victory over a cellar-dwelling Miami of Ohio last weekend, UCF's Golden Knights played a well-rounded game from beginning to end. For the first time all season. Unfortunately, it has come too late.

UCF's season of highs and lows, a season of history and redundancy, will come to a close this Saturday at the Citrus Bowl. From the euphoria of their first season in the Mid-American Conference to the bitterness of yet another slow of close calls to a huge turnaround during the stretch run, the Golden

Please see High-flying on 16
The senior wide receiver eclipsed the century mark along with a 28-yard score marking the first time he’s had multiple TD catches in a game. He also eclipsed the century mark for the fourth consecutive game. He and fellow wide receiver Doug Gabriel both surpassed 1,000 yards on the season, making them the most prolific receiving tandem in school history.

RASHAD JEANTY

The sophomore defensive end recovered a fumble by Miami quarterback Ben Roethlisberger at the Knights’ 44 when UCF was up only 14-10 with seven minutes to go in the first half. He also recorded a sack for a loss of 5 yards and had six tackles.

Inside the Numbers

2,103
The combined receiving yards for wide receivers Jimmy Fryzel and Doug Gabriel for this season.

57
The length of freshman cornerback Omar Laurence’s first career interception return.

156
Alex Haynes’ rushing yards, eclipsing his career mark for the second consecutive week.

113
The number of yards Haynes needs for 1,000 rushing this season.

8.4
The number of yards UCF averaged per offensive play.

Inside the Numbers continued

72.7
UCF’s 3rd down completion percentage.

76
Jimmy Fryzel’s first quarter touchdown catch yards.

107
The number of rushing yards UCF’s defense held Miami to.

7,962
The announced attendance; UCF played in front of fewer than 10,000 people for the third consecutive week.

Around the Locker Room

“I don’t try to take out the linemen, that’s Schneider’s job.”
—WIDE RECEIVER DOUG GABRIEL

“If feels good to get this win and it feels good to be inside right now.”
—PARK READER, DOUG GABRIEL

“They’re, in my opinion, the two best receivers in the MAC.”
—QUARTERBACK RYAN SCHNEIDER

“They’re, in my opinion, the two best receivers in the MAC.”
—WIDE RECEIVER JIMMY FRYZEL

“I love Ohio. It’s a little too cold, but I love Ohio.”
—PARK READER, DOUG GABRIEL

“It’s one of those myths that Florida teams can’t play in the cold weather.”
—WIDE RECEIVER JIMMY FRYZEL

“They need to turn that on super blow.”
—WIDE RECEIVER JIMMY FRYZEL

“Cold.”
—WIDE RECEIVER JIMMY FRYZEL
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The Golden Knights started off a little slow, but showed little affects of the cold. "Once the blood flows and the adrenaline’s going, you forget about cold weather," UCF Coach Mike Kruczek said. Miami jumped out to a 10-0 lead, but UCF’s adrenaline started going after senior Danny Fryzel caught a Schneider pass and broke loose for a 76-yard touchdown. "I finally got some YAC yards after catch," Fryzel said. Fryzel’s YACs came thanks to receiving partner Doug Gabriel.

"Doug threw a heck of a block there, which ended up springing me so I’m going to have to buy him something to eat," Fryzel said.

Four plays later, backing free safety Patrick Holland recouped UCF’s first punt block of the season.

"It just came right open," Holland said.

The kick went straight up, then landed in Every Gasik’s hands. Gasikz lost the ball and Alphonzo Hopkins landed on it in the end zone, leading to a 1-4 UCF advantage. The Knights never trailed again.

The UCF defense fed off the change in momentum.

"We just adjusted our mentality and turned up the intensity a little bit," UCF linebacker Chris Filkins said. The defense held the potent Miami offense without a score for its next five possessions. UCF recovered a fumble by Alphonzo Hopkins to set up a field goal at 1:47 in the first quarter.

UCF quarterback Ryan Schneider led a UCF offense that averaged 8.4 yards per play, gaining 550 total yards. He was 20-of-30 for 374 yards and three touchdowns, while tailback Alex Haynes gained a career-high 156 yards on the ground. UCF improved to 6-5 on the year and 5-3 in the MAC, while Miami fell to 7-2 and 5-3 in the conference.

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In the second quarter Saturday, the Golden Knights started a drive inside their 1-yard line and decided to run on first down with Alex Haynes. He barely got out of the end zone, saving a safety by only a few inches. After that game UCF Coach Mike Kruczek said he wouldn’t run out of the end zone again.

In the second quarter Saturday, UCF again had a drive begin inside its own 1. True to his word, Kruczek called a pass play on first down as Schneider hit Gabriel for a 15-yard gain.

Brown and Rhule return from injuries

FROM PAGE 14

game against Ohio this weekend he’ll tie the school record of five consecutive games set by Ted Wilson in 1985. Coming into the year Fryzel had only passed the century mark twice but has done it five times this season.

Patterson closing in on sack record

With his take down of Miami quarterback Ben Roethlisberger near the goal line late in the first quarter, defensive end Eliot Shorter crept within one sack of the school’s career record. Darrell Rudd holds the record of 31.5.

The senior, currently tied with Greg Jefferson for second on the all-time list, has one more game to set a new mark. But he might have a hard time doing so; Ohio, who runs an option offense, had allowed the least amount of sacks in the MAC coming into Saturday.

Blocked punt makes big difference

The play that turned the game around for UCF came in first quarter when Patrick Holland blocked a Miami punt inside the end zone. Every Gasikz recovered the block, but was stripped. Alphonzo Hopkins pounced on it for a score that gave the Golden Knights the lead for good.

That was the first time UCF returned a blocked punt for a touchdown in over two years. Elliot Shorter did it against Eastern Kentucky on Oct. 14, 2000.

No problem in cold weather

Early in the week UCF quarterback Ryan Schneider said he hoped the Golden Knights would face a cold weather situation so they could prove themselves to their critics. He got his wish; the thermometer read 36 degrees at kickoff. Though it warmed up to 46 degrees by game’s end, UCF showed no ill effects throughout as it recorded its first road win against a winning team since joining Division I-A.

This time they throw

In a game against Akron a few weeks ago, the Golden Knights started a drive inside their 1-yard line and decided to run on first down with Alex Haynes. He barely got out of the end zone, saving a safety by only a few inches. After that game UCF Coach Mike Kruczek said he wouldn’t run out of the end zone again.

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Haynes gets career-high, again

For the second straight game, Haynes set a career-high in rushing yards. Last week he ran for 149 yards, passing his old mark of 148 by just a yard. This time he got a little more running room, finishing with 150 yards and two touchdowns.

Haynes stands just 113 yards shy of the 1,000-yard mark. If he accomplishes that goal, he would be just the fourth Golden Knight to do it. No one has since Marquette Smith set the school record of 1,511 yards in 1986.

Etc.

Sophomore defensive end Bashan Jeanety recovered the first fumble of his career on a bad pitch by Miami in the second quarter.

Freshman cornerback Omar Lawrence got his first career interception deep in UCF territory in the third quarter and returned it 38 yards.

Nose guard Larry Brown and wide side linebacker Standont Rhule, who both missed last week’s game with a finger and ankle injury respectively, returned to action Saturday. Brown wore a large cast around his left hand, which he had surgery on the ring finger of last week.

Left guard David Ashkinaz, who last week’s game late with a leg injury, played as well.
Smith and Johnson pace freshmen

Navy escapes Knights

Kristy Shonea Staff Writer

UCF trailed Navy by just one point at halftime, but after an early lay-up by Ed Dotson, the Midshipmen held the Knights scoreless for five-and-a-half minutes and held on to win 68-66.

The Knights pulled to within five with just over nine minutes to play, but they could not get any closer in their season opener. With 1:47 left Navy held a 10-point lead and the Knights had to send the Midshipmen to the free-throw line eight times in the final 46 seconds. Both teams struggled offensively in the first half as they combined for 25 turnovers. The score was tied at 10 almost 10 minutes into the game. The Knights had nine of their 12 steals in the first half.

Dotson led UCF with 14 points, but the forward had just one rebound. Marius Boyd led the team with nine rebounds and added four steals. Point guard Al Miller recorded six steals, while Ray Abellard had 12 points off the bench. Josh Boddie had eight rebounds.

The Knights play their home opener tonight at 7:30 against Niagara.

Still, UCF didn't do a bad job getting to the line itself. The Knights shot 35 free throws in the two contests.

Freshman shine quickly

On the heels of a strong preseason, freshman Shayla Smith started at point guard in both contests. She made the most of the opportunity scoring six points and grabbing four rebounds despite foul trouble in 15 minutes. On the second night she had five point to go along with six assists in 19 minutes.

Johnson, another freshman, had two impressive performances off the bench despite an ankle injury suffered Friday night that kept her on crutches before and after the second game. She scored seven points in just seven minutes against Monmouth to go along with her hot shooting display against Eastern Illinois. Her 16 points in that game came in just 10 minutes.

LaShay King, another first-year guard, played limited minutes in both games. She had four points four rebounds and two steals against Eastern Illinois.

"Shayla Smith played well, gets in foul trouble early but she did a good job later on," Striegier said after Friday night's game. "Johnson can really fill it up. LaShay King did a nice job of what we asked her to do, and that's to go in and give us some quality minutes without having any turnovers and making any major mistakes."

Forward Shelby Weber missed the first game after not meeting Striegier's required time in a conditioning drill during the preseason. She had four points and four rebounds in seven minutes versus Eastern Illinois.

The last freshman, Celeste Hudson, missed both games for the same reason but will be available in the next game against New Orleans.

FIO ends UCF's record season

Tom Alexander Staff Writer

As the saying goes, all good things must come to an end. The UCF men's soccer team found that out the hard way Friday night in the first round of the NCAA tournament. Just five short days after winning their first-ever Atlantic Sun Conference title, the Golden Knights fell to Florida International 2-0 in Miami.

The Knights' fairy tale postseason ended on a shaky note when Ohio State turned a 2-0 lead into a 3-0 victory in the second half. The Big Ten powerhouse dominated the game from start to finish, limiting the Knights to just one shot on goal.

Defender Brian Malee headed in an indirect kick from Jaimo Pinnell just under 33 minutes into the match. Florida State would tie the game later in the first half on a bicycle kick by Billy Bowell that caught UCF goalkeeper Ryan McNish off guard.

The Golden Knights were out shot 20-7 by FIU, and only three of those came in the second half. UCF seemed to have nearly every break go its way in the postseason this year, but despite the team's valiant effort, its luck ran out Friday. The Golden Knights finished the season 10-4-3 overall, and now look toward next season, when they will look to defend their conference title.

Takia Allen scored a career-high 16 points off the bench Saturday in a 77-47 win over Illinois.
Watts leads the Knights in semis

FROM PAGE 13

Van Dam and Molly Sapp and Jackonville's Nadia Dimitrow.

"In some ways I am really happy about winning the MVP, but I also think it was a team effort and some of my teammates probably deserved this honor more than me," Sante said.

Watts registered 19 kills, 14 digs and five blocks in the match, while Frank had her fifth triple-double of the season with 58 assists, 13 kills and 12 digs.

UCF reached the championship by way of a 3-0 win over Jacksonville, the only A-10 team to beat the Knights during the regular season. In that match Watts shattered the conference record for hitting percentage by hitting .493 with 20 kills.

"Not only did Emily shatter the hitting percentage record, she did it in phenomenal fashion," Colado said.

"She has been doing a fantastic job but she has great teammates around her. Jenny (Frank) has been setting her great balls and it was a pure team effort that helped her establish the new record," UCF hosts its Thanksgiving Tournament this weekend, welcoming a pair of Southeastern Conference opponents to the UCF Arena. The Knights play Kentucky at 7 p.m. Friday and Arkansas at 7 p.m. Saturday.

Lopez routsmarts field

Do you know who the first QB to throw for 500 yards was? Eric Lopez knew that it was Norm Van Brocklin, and he dropped more knowledge on route to a convincing win over Thayer Rasmussen in the online sports trivia finals. Lopez paced the field with a first place finish in the regular season standings and survived the single elimination tournament.

We Repeat, Sig Ep wins competitive title

Chris Morello is still on the inured championship field looking for his shoes. After an ankle-breaking move by freshman Ryan Orenbach, Morello missed a flag pull and Orenbach went 60 yards untouched for the game clinching score that helped Sig Ep win its second straight meet in competitive flag football title over Unpredictable. Sig Ep came scoring early as quarterback Matt Malloy lead his team down for the first score. A safety made the game 9-0, before Unpredictable struck back with a 10-yard touchdown pass from Josh Algaze to Matt Krzesinski to pull within two points.

That was as close as Unpredictable would get, as Sig Ep scored to make the game 16-13, but could not convert on the difficult three-point conversion that is allowed in the game of flag football. Sig Ep added two late touchdowns, beginning with Kiel Rodriguez's highlight reel run, to put the game away.

Following their win Gal Sante said, "Heroes win the game, but legends never die."
Celebrating Thanksgiving veggie-style

I think the world would be so much healthier if everyone was a vegetarian.

~ STEVE GORDON

Students give thanks even without the family

BECKA KULCHAK

Senior Michelle Day, 22, will not see her Wisconsin-born brother Tommy or play with the border collie she has had since she was a child this Thanksgiving. Like many students, Day would like to be with her family this holiday season, however, she can’t afford the $395 plane ticket back home.

“Every year my grandparents come down from Wisconsin and Canada. Since I do not get to see them on a regular basis, it is awesome to see them at Thanksgiving.”

Senior Heidi Davis, 22, can’t go because I’m broke, and it sucks because I’m going to miss out on the fun with everyone.

But junior Shannon Fitzpatrick, 22, said, “I really enjoy Thanksgiving just like anyone else, with the exception of eating animal products.”

As a vegetarian, Hornack said, “I eat meat without a guilty conscience.”

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SU South Patio
9 pm CAB Cinema “The Nightmare Before Christmas,” SU Cape Florida Ballroom

WEDNESDAY, NOVEMBER 27
11 am - 2 pm VUCF Interest Table,
SU South Patio

THURSDAY, NOVEMBER 28
Thanksgiving Holiday

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November 26: Closed - Happy Thanksgiving!
November 30: Closed - Private Party
Hanukkah lights up students’ homes

KRISTIN DAVIS STAFF WRITER

Not all UCF students deck their halls with Christmas trees, stockings and Santa Claus decorations during the holiday season.

Instead of baking Christmas cookies and gingerbread men, Jewish students will gather together to eat latkes, put on phyllo dough and celebrate Hanukkah on campus.

"I have no one to light the menorah with," Wolf said.

Wolf said it is not easy being at college and celebrating Hanukkah without her family since the celebration starts before winter breaks begin. "I have some extended family growing up in a society underneath a Christmas tree when I was hard for me to get away from home for the holidays."

Wolf is president of a club called Jews, which consists of Jewish Greeks. Wolf has 20 houses to accommodate members with a Hanukkah bush rather than the typical Christmas tree drown in other college student homes.

"I'm proud to celebrate Hanukkah," Varkonyi said. "When I was growing up many of my friends who celebrated Christmas wanted to attend."

She said her family is very close and believes that spending quality time with a suitemate, who is also Jewish.

"My family is very close and believe that spending quality time with each other is the best way."

Spiewak said she has always enjoyed celebrating Hanukkah. "The miracle followed the eight days."

Spiewak grew up in an all-Jewish community in Cooper City, Florida. "My community was 90 percent Jewish people," Spiewak said. "There were Jewish children here and there, but they were greatly outnumbered by the non-Jewish people in the community."

She improvised last year when she was not able to go home for Hanukkah. "My dad books the entertainers, my brother helps serve the food, my uncle plays the keyboard and sings, and I run the games for the kids," she said.

Felkman did not mind growing up without a Christmas tree. She said her mom would come to her campus every year. In elementary school and explain the meaning of Hanukkah to the other children. "My mom even brought in golds - chocolate coins - to share with the class.

Her family is very close and believes that spending quality time with the subculture, who is also Jewish.

She has found alternative methods to celebrating the Jewish holiday at home. "I have a Hanukkah bush and would light a menorah," Wolf said.

Felkman said her family always felt that Hanukkah was a family tradition, we always save our best gifts for the final day of Hanukkah," Colish said.

It's so addicting and the people are so appreciative of the help," she said.

In December Nesmith plans to attend and participate in volunteer activities.

"It's so sad to see women come with children and be turned away when the food runs out."

Nesmith is one of the numerous UCF students who volunteer their time and efforts to benefiting the community through philanthropic programs.

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During the Hanukkah celebration, students can team up with campus organizations such as Volunteer UCF, LEAD Scholars, Service Learning, Honors Congress and Greeks.

As a hospice volunteer, fundraiser for New Hope Center for Grieving Children and camp counselor for terminally-ill children at Boggy Creek, Nesmith devotes time year-round to helping the homeless and the people are so appreciative of the help," she said.

In December Nesmith plans to attend and participate in volunteer activities, such as Volunteer UCF, LEAD Scholars, Service Learning, Honors Congress and Greeks.

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Some Thursdays she goes by herself, meeting up with local church groups and other nonprofit volunteer organizations. At an abandoned recreation center they sort and wait. The evening is spent distributing dinner to the homeless who reside in the shelters and on the streets of Orlando.

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While not all students are veteran volunteers such as Nesmith, junior Jennifer Crews, 20, finds the work just as rewarding. Recently teaming up with Volunteer UCF, Crews spent last Valentine's Day playing with the foster children of Great Oaks Village and now helps out with The Hippie Elf's weekly meal for the homeless Saturday mornings at Lake Eola.

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**Diabetes**

Q: Diabetes runs in my family. Can you tell me a little bit about the disease and its symptoms?

A: Diabetes is the most common endocrine disorder. It is a chronic disease caused by pancreatic insufficiency of insulin production, resulting in elevated blood glucose (sugar) levels. Insulin lowers blood glucose levels.

There are two diabetes classifications: Type 1, or insulin-dependent diabetes mellitus, and Type 2, or non-insulin-dependent diabetes mellitus.

Type 1 occurs in 15 out of 100,000 people, with a mean age onset of 8-12 years old. It develops due to a viral or inherited defect, which damages the pancreatic beta cells, and therefore no insulin is produced. Insulin is required to keep blood sugar levels normal. These patients require daily insulin injections in order to keep their sugar levels under control. Currently, there is no cure for this disease, only treatment with various types of insulin.

Type 2 occurs in 5,000 per 100,000 or 5 percent of the adult population, with a median age of 40. The Type 2 patient has a "partially" functional pancreas; some insulin is being produced, but not enough. Therefore, oral medications as well as injectable insulin are used in treating these patients. Type 2 diabetes can result from hereditary genetics, or can be a result of poor lifestyle choices, being overweight, poor diet, sedentary lifestyle, and excessive alcohol consumption.

Both types of diabetes can lead to chronic disease problems which include: arteriosclerosis, cardiovascular disease, kidney disease and dialysis, blindness, glaucoma, ulcers, skin ulcerations and peripheral neuropathy.

Signs and symptoms of diabetes include: urinary frequency, increased thirst or appetite, excessive weight loss and appropriate diet.

If you are experiencing any of those signs and symptoms, see your doctor immediately and get checked for the possibility of having diabetes.

Diabetes is easily diagnosed by checking a simple blood glucose level or urinalysis. The key to treatment is early diagnosis, tight management of blood sugar levels, regular exercise, weight loss and appropriate diet.

I OF F ER NO T
Volunteer efforts reward students during the holidays and year-round.

From Page 23

Crews said, "We complain about things like not having a car, but it makes you think, 'Hey, at least I've got clothes.'" The Ripple Effect is a nonprofit volunteer organization working to provide social and moral support to Orlando's homeless population.

Additional services of The Ripple Effect include providing the homeless with self-help education, housing, a recreational bowling league, and clothing.

The founder and president of The Ripple Effect, Kelly Caruso, has seen an increase in UCF student volunteers over the past year and a half. Regularly recruiting UCF students through presentations and speaking on campus has become routine in the planning of volunteer events.

"I've always found the students extremely impressive," Caruso said. "They are upbeat, open-minded, and express genuine concern for the people we help."

Students abandon meat, turn to tofu- turkey

From Page 20

have learned to compromise at meals, Davis said.

"My family is very understanding of my decision not to eat meat. They eat turkey, but they will still make other dishes for me to eat at Thanksgiving dinners." Junior Steve Gordon, 22, used to love meat until he found the stuff extremely impressive," Caruso said. "They are upbeat, open-minded, and express genuine concern for the people we help."

Students volunteers often work with the various nonprofit volunteer organizations in the Orlando area. After joining Lambda Theta Alpha a year ago, sophomore Adriana A. Rivera, 19, was elected as the sorority's community chairman and frequently plans community service events for her sisters.

Volunteering alongside local Boy Scout troops, the sorority participated in Second Harvest Fest Nov. 9-10, working with the Second Harvest Food Bank to package donated cans to be distributed to low-income families for Thanksgiving.

Their last project of the semester includes ringing the Salvation Army's bells outside of businesses to collect money for those in need.

Community service work is so fulfilling and it's such a big part of who we are, Rivera said. "I've always found the students extremely impressive," Caruso said. "They are upbeat, open-minded, and express genuine concern for the people we help."

"I don't like the way farming is done," Gordon said. "It pollutes the earth."

Gordon is a vegan, which means that he not only refuses to eat animal products, but any products that come from animals as well, such as eggs or dairy.

Although Gordon's mother is a vegetarian, his father still tries to tempt him into eating a piece of steak when he visits home. However, he has been able to stand firm in his belief not to eat animal products for over two years now. Instead, he usually fills his plate with mashed potatoes, biscuits, cranberry sauce and stuffing during Thanksgiving.

"I think the world would be so much healthier if everyone was a vegetarian," Gordon said.
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