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Pay as you print

CHARLES MAIER
STAFF WRITER

Be prepared to pay.
That’s the new rule of thumb at all Academic Computing Services labs on campus. Starting this month, students will have to pay for copies at the ACS labs.

Paying for copies is necessary to cut down on waste and help defer some of the costs of printing, said Yasmine Brcicky, manager of the ACS labs.

Paper and printer support in the campus computer labs costs about $280,000, according to ACS reports, and paper costs increase about 10 percent annually.

The volume of printing has also risen, Joel Hartman, vice president of information and technology resources, told The Future in a previous article. “Many faculty members now place course materials online,” Hartman said. “Students end up printing these materials in the labs.”

To reduce the tremendous volume of printing, students will be required to pay 5 cents each for black-and-white copies and 75 cents for color copies using their student identification cards.

All printers are equipped with card readers that work similar to the readers on campus vending machines. Printing prices are comparable with prices in Kinko’s in Waterford Lakes, where black-and-white copies are 8 cents each and color copies are 75 cents each.

The charges should cover the $210,000 in paper and printing supplies and any extra money will be used to purchase new equipment for the labs. The ACS labs are located in the Classroom 1 Building, the Business Administration Building and the OCC Building.

Spring break bargains can come at a price

RACHEL ZALL
STAFF WRITER

Spring break tempts many students to get wild and crazy in places they’ve never been. However, for some such as sophomores Jordana Labson, 20, those plans do not always work out as hoped.

Labson was sold on the idea of a spring-break getaway in the Bahamas when a student approached her and her friends in the Student Union.

“He was promoting a package for a four-night, five-day stay in Nassau,” Labson said. “The price was great, too, $640 for the whole trip, including all our food and alcohol, as well as the hotel. Besides, it was for Nassau. Who wouldn’t?”

“WHERE’S YOUR PLAN?
STOP GLOBAL WARMING
GREENPEACE usa.org

Greenpeace activists promote environmental conservation at UCF’s first “We the People” rally.

The year in review

COMPILED BY KRISTA ZIIZI

In the past year, UCF’s community has seen the city divide on gay rights issues; students suffer through a semester of delays in financial aid checks; our president earn a $93,000 raise and a legal studies professor battle the university to keep her job.

Other stories made headlines as well that were less hard-hitting and generally ridiculous, absurd and sometimes pointless. Students complained of infections after wading through the reflecting pond during UCF’s annual Spirit Splash homecoming event, a student was apprehended by police officers for stripping his clothes off in a retention pond and UCF trustees accepted a $600,000 endowment to study the sources of greed.

The following stories are in no particular order and were judged by the staff of The Future to be the top stories that shaped the year of 2002 at UCF and within Orlando.
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Strangest stories of last year

Blender-napper charged

UCF police arrest Jason M. Johns on charges of felony marijuana possession, felony cultivation of cannabis and 18 counts of possessing drug paraphernalia.

Officer Mark Jenkins and Cpl. Did Dacca initially visit Johns' dorm room to retrieve a blender that another student claimed Johns took without permission. Inside his apartment, Jenkins and Dacca discover a beuge flouroplex with soil, seeds and growing plants next to Johns' bed. Johns tells officers he is growing flowers for his girlfriend.

Johns gives police permission to search his belongings and Jenkins and Dacca discover a purple Crown Royal bag and a metal container with several Vicks inhalers, a pill bottle, Vaseline bottle, bath pacifier, a straw cut down to approximately 1 1/2 in diameter and a small metal cylinder with a blue plastic container holding two pills, three cigarette plastic wrappers and several empty cigarette containers.

Jenkins and Dacca also find a red pill cruser containing a 2-inch long straw and a sandwich bag containing 8 orange nickel bags.

Angr~ mismanagement

UCF police charge John Edward Jacobsen, 19, with felony counts of throwing a deadly missile at a person and aggravated battery after he tosses a beer bottle through Christia Lynn Inskeep's apartment window right to her head.

Nervous and upset, Inskeep calls police and tells them she thinks Jacobsen targeted her, and when he is told that she thought he told housing officials he was drinking and smoking marijuana.

Jacoobsen instantaneously inspects Inskeep's roommate and tells her to destroy the beer bottle he threw at Inskeep because his fingerprints are on it.

Kicks aren't for cops

Police arrest Andrew John Odell, 20, for possession of marijuana, possession of a counterfeit identification, disorderly intoxication and possession of a weapon with violence after he presents a false ID to get a wristband at a Kappa Sigma fraternity party.

Police arrest Odell where he went to school and where he was from, and Odell gives several conflicting responses. When police arrest Odell and he is told housing officials he was drinking and smoking marijuana.

In custody, Odell tells police, "You aren't like Hollins [College] security."
Battling terrorism from campus

FROM PAGE A-3

The new Amendment 11, which creates a statewide governing board to oversee each university’s board of trustees, was bitterly debated issue among politicians, university presidents, faculty and trustees with misinformation from both sides.

Florida voters end the debate on Election Day and decide a constitutionally protected Board of Governors would best serve Florida’s universities.

The new amendment protects universities from interference from any legislature. Supporters of Amendment 11 (also known as the Graham amendment, for U.S. Sen. Bob Graham, the former Florida governor who proposed the change) believe the measure will remove political meddling that occurred under the old system.

While several trustees and university presidents oppose the amendment, claiming the new amendment would weaken the trustees’ authority to pass university policies, most expect little change since Bush will remain in power for another term.

Bush has the power to appoint 18 of the 17 members to the Board of Governors. The new structure becomes effective Jan. 7.

Bush, McBride draw out activists

UCF witnesses its first political rally in recent memory as gubernatorial candidates Jeb Bush and Bill McBride spar through a final debate before Election Day.

“We the People,” organized by the Progressive Council of UCF, spotlights a variety of campus, local and political groups and promotes general activism while advocating the council’s own liberal political message.

Organizations such as Greenpeace, NORML, The Wildlife Advocacy Project, Rock the Vote, the American Civil Liberties Union and the National Organization for Women also participate in the political rally to educate people about issues they say that politicians overlook.

UCF battles bio-terrorism

A clinic at Orlando recruits UCF students to test whether a new smallpox vaccine might provide an effective defense against a bio-terrorism attack that would unleash the deadly disease.

The Orlando Clinical Research Center pays many individuals, including several UCF students, who are willing to be injected with vaccines and submit to a six-week observation period.

A researcher from the Orlando Clinical Research Center
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(Located at the Student Health Center)

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(UCF-MEDS)
Voting blunders, bloopers

Lake-Pickett residents challenged the Board of Trustees' decision to purchase lakeside land for a new women's rowing team facility.

FROM PAGE A-4

Center said college students were targeted to participate because they tend to need the money and have time during the extended trial to come into the clinic between classes for observation.

Stoolpock — once a widespread, often fatal viral disease — poses a health threat in the 1990s, when it killed one out of three people who contracted the virus. The virus today is known to exist only in laboratories in Atlanta and Moscow, but bio-terrorism experts fear that some nations may have the virus and might use it as a biological weapon.

In an effort to battle another form of chemical warfare, UCF professor Henry Dantell makes a breakthrough in science to combat anthrax using a tobacco plant.

The bio-molecular researcher discovers the tobacco plant process can produce billions of units of the immune vaccine and is also completely free of the lethal factor found in the commercial vaccine.

Greeks parade their protest

The Greek community decides to pull eight of their fraternities from the Homecoming parade for the first time in UCF history in an effort to halt two new changes to the Golden Greek.

They oppose raising the minimum grade point average requirement for student leaders from a 3.0 to a 3.5 and a policy that would allow university administrators to discipline an entire student organization if several of its members decide to misbehave together.

UCF officials argue that the group responsibility policy is necessary to address matters of student misconduct that have been increasing in number over the past two years, particularly within Greek organizations. They also deem the new grade point average requirement as a plus.

Both pass despite their protests and become effective this month.

The 17 fraternities and six sororities donate $10,000 that they would have spent to federate Lambda Lake Pickett and construct a new facility for the women's rowing team.

Later, the Greek community decided to march in protest with elected UCF leaders to express their concerns.

Tensions stir with neighbors

UCF's Board of Trustees approves a move to purchase a six-acre piece of land beside Lake Pickett and construct a new facility for the women's rowing team.

President's in disagreement

University of Florida President Charles Young threatens to bow out of an organization that he founded to bring the controversial speaker to campus unless a strong debate among SGA senators, while the senate's voting ethics under Progressive Council members.

The vote passes 15-9 with Progressive Council members in attendance to show their support. However, after council members leave, several senators ask for the issue to be reconsidered. It passes again in a second vote.

Moore expresses support for the Progressive Council's two days to coordinate the visit with the Bush-McCain debate. But in an e-mail, he says he never agreed to the appearance, and personal matters prevent him from accepting the invitation. He also expresses shock over the fee that his agent, Lisa Bransford, had charged the Progressive Council.

Candidates debate return voting

Voting glitches plague Florida polling precincts during September's primary elections even after the 2000 presidential election debacle spared costly reforms in the state's voting procedures.

Orange County officials hand-count thousands of ballots that are rejected by optical scanners, and some voting precincts in South Florida open three hours late. Democratic primary candidates John Boca and Bill McBride are accused of pushing the limbo awaiting the final tallies.

McBride claimed the Democratic establishment's claim that the ballots were not dirtied to come into the clinic between classes for observation.

McBride earned 98,000 votes while Reno earned 79,200 votes.

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UCF

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FROM PAGE A-6

In Orange County voters also approve a half-cent sales tax to generate $27 billion to construct new schools. The Orange County sales tax will rise to 6.5 percent beginning Jan. 7.

Protesters in China arrested

OrangB County, a recent UCF graduate, Cory Lee, a UCF doctoral student, Jared Peoria, a UCF business major; and Chris Janney, return to the United States three days after their participation in a peaceful demonstration landed them in a Chinois jail.

The four joined other practitioners of Falun Gong on Jan. 14 in Tianamen Square to protest the Chinese government’s ban on the group. About 40 protesters from America, Germany, Canada, England, Finland, Belgium, Switzerland, Sweden, Poland and France came to lend support.

New recreation center opens

UCF opens its new $14.5 million center features 94 state-of-the-art machines including treadmills, bike machines, stair climbers and elliptical trainers. It also holds 80 fitness classes per week, a 44-foot climbing wall, a four-court gym and a three-lane track. The Wellness Center offers nutrition services, suggestions for stress management, fitness consultants and a fitness resource library.

The center is equipped with a state-of-the-art fingerprint security system, one that only begins to work properly after an eight-month delay. The fingerprint system, which allows students to enter the facility without using their student ID, records a student’s index fingerprint and requires students to key in the last five digits of their student identification number that appears on their UCF-ID card into a keypad.

The fingerprint system is designed to eliminate unnecessary use of the Center by non-UCF students.

Vending victims awarded

FROM PAGE A-3

Award for catching a fugitive

UCF police arrest George Delisle after four Building Service employees catch him tampering with a vending machine.

Delisle is charged with felony counts of burglary for a string of 10 reported vending machine burglaries. Police discover he is a fugitive of justice wanted on an out-of-state warrant for violation of probation.

Business Services and the UCF police surprise Lizz Quiñones, Pellicio Rodríguez, Cindy Snyder and Blanche Zollinger with cash awards and certificates of merit for their efforts to help capture Delisle.

The employees took action before the police could post fliers about an award for Delisle’s capture.

Peta blames arrest on police harassment

Student Body President Marco Peta lands in Orange County Jail after UCP police arrest him for disorderly conduct after fraternity recruitment concludes for the evening.

Peta, 22, a member of the Sigma Alpha Epsilon fraternity, is arrested outside the SAE fraternity house after Peta repeatedly attempts to interfere with UCP officers who are conducting a traffic stop in the fraternity house’s parking lot.

Peta denies that he is drunk, but admits he was at a bar earlier in the evening. Peta calls the incident an example of excessive policing of fraternity activities, sororities and student leaders by UCP officers.

Car chase leaves officer hurt

An officer is badly injured after four teenagers flee from UCP police in a late-night car chase.

Marcin Lewis Curry, 15, and Terry Davis, 16, are arrested on felony charges following the chase. Two other suspects, both juveniles, are arrested on misdemeanor charges.

The chase begins after Officer Gerald Emert attempts to stop the vehicle the teenagers are traveling in. They speed up running through five stop signs and a red light.

Davis begins to drive southbound in the northbound lane of Alafaya Trail during the chase and crosses the raised median and strikes Officer James Mangum’s patrol car.

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Spring break is an easy time to get taken

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Officers invade local nightclub

FROM PAGE A-7

Dora then enters his car into a utility pole and five teenagers flee from the car into the woods.

Four of the five suspects are apprehended and police discover the car the teenagers were driving in a stolen vehicle.

Club bust no surprise to many

Four bartenders are arrested at Howl Light2 Nightclub along with four patrons who are caught dealing illegal drugs. Undercover agents purchase marijuana and cocaine four times within a two-hour time span immediately preceding the arrest of Michael C. Green, 19, Eric J. Haux, 25, and Carlito Johnson, 28, who all sold marijuana to agents, while Patrick Kimbrough, 26, sold cocaine to the agents.

The Sheriff’s Office, the Florida Division of Alcoholic Beverages and Tobacco, the Metropolitan Bureau of Investigation and the Florida Department of Law Enforcement raided the bar after documenting 21 illegal drug deals at the establishment between drug dealers and undercover agents since June 2004.

Police say the nightclub is repeatedly the site of drug deal and dealing, and undercover agents have arrested 13 suspects since last year for selling marijuana, cocaine, Ecstasy or alcohol there illegally.

Bartenders Rebecca Lockworth, 22; Shaeen Pifer, 21; Nicole Andrews, 21; and Meghan Henriques, 21, were charged with misdemeanor offenses and released on bail.

Shark makes its point

Junior Dylan Seigal is attacked by a bull shark while surfing on Satellite Beach with friends.

The 20-year-old receives 13 stitches on the inside of his right foot after he jumps off his surfboard and his foot lands right inside a bull shark's mouth. Seigal blames himself for the incident because he lowered his friend off being scared of sharks and ignored his advice to get out of the water.

The bull shark is the second most aggressive shark that lives in United States waters, according to researchers.

Pond pursuit ends safely

Police apprehend a student at Jefferson Commons apartment complex for burglarizing in the apartment complex’s retention pond.

Over 200 residents surround the retention pond for nearly two and a half hours to watch Edwin Salazar taunt police, sing songs and strip his clothes off.

Negotiators, Orange County and the UCP Police Department show up, as well as fire, rescue and EMT personnel, to eject him out of the water.

The large crowd mills around and even sets up lawn chairs, while some attempt to catch the action on film and video.

Eventually police shoot Salazar with a taser gun three times to sedate and capture him. He is taken to Florida Hospital South, where he is evaluated.

Greed today, gone tomorrow?

UCF’s Board of Trustees approves a $1 million research position to study money matters by creating an endowed research position dedicated to the understanding and prevention of greed and to foster the development of altruism.

Orlando businessman Robert Heitzman, the former owner of Heitzman Ford car dealerships, concurs and titles the research position and sets aside $500,000 in his will before his death in 1998 to establish such a post within the College of Business Administration.

Seigal blames himself for the death in 1991 and his right foot lands right inside a bull shark's mouth. Seigal blames himself for the incident because he lowered his friend off being scared of sharks and ignored his advice to get out of the water.

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There really is life after pizza. Give us a try.
Rehabilitating reality for disabled students

Christine Dellert, Staff Writer

At the age of three, Junior Antoine suffered from a papillo-amaurotic retinopathy, a group of abnormalities affecting the nervous system, eye and brain. He was unable to see and could not talk, and had difficulty with hearing. His father was told that he was going to die before the age of six. "They told us just to take care of him," his mother, Marie Antoine, said. "They didn't tell us how to do it."

So Marie Antoine and Junior's other parent, Junior Mom, began searching for something that would help Junior become more independent. They found the Alliance for Assistive Services, a non-profit organization that helps people with disabilities achieve independence through the use of assistive technology.

"We were looking for something that would help Junior become more independent," Marie Antoine said. "We found the Alliance for Assistive Services, and they helped us find a system that would help Junior become more independent." The system they found was a computer system that allowed Junior to communicate with others.

"We were very happy when we found the Alliance for Assistive Services," Marie Antoine said. "They helped us find a system that would help Junior become more independent, and we were able to get the funding we needed to purchase the system."

The system Marie Antoine and Junior Mom found was a computer system that allowed Junior to communicate with others. The system included a voice recognition system that allowed Junior to control the computer with his voice. The system also included a keyboard and a mouse, which Junior used to type and navigate the computer.

"We were very happy when we found the Alliance for Assistive Services," Marie Antoine said. "They helped us find a system that would help Junior become more independent, and we were able to get the funding we needed to purchase the system."

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"We were very happy when we found the Alliance for Assistive Services," Marie Antoine said. "They helped us find a system that would help Junior become more independent, and we were able to get the funding we needed to purchase the system."
Setting sights on improvements solutions

American involvement in Vietnam and racial segregation in the U.S.
Campuses serve as venues for dissenting speech. UCF students should take note of the world in which they live, and speak out about it. With more free speech zones on campus

Tenured professors
While UCF spends millions of dollars to
make the campus look more beautiful - and yes, the campus certainly does look nicer now than it did before the beautification projects - it must invest in hiring more full-time, tenured professors.

If UCF wants its academic reputation to grow at the rate of its student population, it needs to hire more professors. It must treat its faculty better starting with appropriate pay raises across the board. UCF should encourage professors to study conduct research and strive for tenured status.

Faculty members with tenured status have not just taught at a university for a long time. They conduct research, write papers, attend conferences and generally advance the reputation of the university. They also have protection against undue dismissal.

UCF's treatment of Sudia, for example, represents the wrong approach. Sudia, a legal studies professor who remains very popular with students, applied for tenured status last summer, which would have given her job security. Instead, UCF has tried to fire her. Sudia has advanced UCF's recognition around the country as the leader of its top-ranked Trial Team, yet the university wants to get rid of her.

UCF students deserve to learn from full-time professors like Sudia more and from adjunct professors less. While adjuncts do a good job, students pay too much to get a second-rate education.

The shortage of full-time, tenured professors creates problems for students. The shortage of professors means fewer available courses for students, who often cannot get into the courses they need to graduate.

Admittedly the available courses often have more students. Students tend to learn better in smaller courses than in larger ones.

Tough road ahea
UCF and its students face a turbulent semester that will determine the direction the university moves in the future. Hitt, recently rewarded with a hefty raise for his efforts, and the rest of the administration need to demonstrate their leadership and make the right decisions.

If it makes those decisions, UCF can establish itself as a first-rate university.

Give clones their rightful dignity

MICHAEL SHERMER CONTRIBUTING WRITER

Eve since scientists in the 1970s first began cloning experiments on simple organisms, ethicists and lawmakers have been ghosting their hands in Ludditean fear and existential angst over what to do when cloning technology approaches the human barrier.

Last month, Brightline Bioscience, the scientific director of Clonaid — associated with the Raelians, a group that believes that life was seeded on Earth by aliens from other worlds — announced that her team had done just that with a 31-year-old American woman who, they claim, gave birth to the world's first human clone, nicknamed, appropriately, Eva.

Whether the Raelians succeeded is irrelevant. It is clear that someone, somewhere, some time soon is going to generate a human clone. And once that happens, others will be quick to follow through the door and we will learn whether medical complications make cloning impractical as a form of fertility enhancement.

What I find disturbing is not cloning per se but three fundamental myths about it: the Identical Personhood Myth, the Playing God Myth, and the Human Rights and Dignity Myth.

The Identical Personhood Myth is perpetuated by those who say: "It's a horrendous crime to make a copy of someone." But what they should be saying is: "Clone all you like, you'll never produce another you because environment matters as much as heredity."

The best scientific evidence to date indicates that roughly half the variance between humans is accounted for by genetics; the balance is in envi

ment. Because it is impossible to duplicate the near-infinite number of environmental permutations that go into producing an individual human being, cloning is no threat to unique personhood.

The Playing God Myth has numerous promoters, the latest being Stanford University professor of theological ethics at Duke University who responded to the Clonaid announcement with this unequivocal denunciation: "The very attempt to clone a human being is evil. The assumption that we must do what we can to be fueled by the Promethean desire to be our own creators." He is not alone in his belief.

A 1997 Time/CNN poll, conducted on the heels of the news that a cloned sheep, Dolly, had been born, revealed that 74 percent of Americans said it was "against God's will" to clone human beings.

But cloning scientists don't want to play God any more than fertility doctors do. What's folly about in vitro fertilization, embryo transfer and other fully sanctioned birth enhancement technologies? Absolutely nothing. Yet we cheerfully accept these advances because we are accustomed to them.

The Human Rights and Dignity Myth is embodied in the
Doc's advice: walk off whatever ails you

MENTAL DOODLES

Christopher Arnold
Staff Writer

The ER is ez closed.
Well, one year has ended and another begins. A new semester is starting and students are returning from their wintry respite. And though we were not within the halls of education for this brief time, we nonetheless continued to learn. I learned, for instance, that I'd probably make a pretty good doctor, all after.

In West Virginia, at least.
How did I come across this little pearl of wisdom? Could it be of a Hollywood script. Some say it's a group of contractors off their jobs in protest of rising insurance prices, and that it was reported on CNN.com saying, "I would certainly jump in front of a bus if I could continue to serve my patients as I have for 25 years." If the quality of Dr. Zalewski's care over the last 25 years is truly equivalent to a doctor who has just been paid off the salary of a Greysinn, then I can begin to understand why all of the malpractice suits have been filed.

As for the state's role in this, they claim to have been deliberating a number of solutions long before the mention of a walkout. If we've been discussing the problem for so long, then perhaps this will finally prod them to stop talking and start acting.

It's hard to support a walkout that so directly affects the injured that most need these doctors. However, if the state has taken too long to take the necessary action, then the burden of this should fall equally upon its shoulders. However, since the issues at hand are malpractice lawsuits, and since new resolution to be drafted must undoubtedly seem, it is interesting to see who doctors can sue when this is all said and done. Now, if you'll excuse me, I need to flip through the want ads and pursue this medical career more thoroughly.

Columnist Christopher Arnold can be reached at christopherfuture.com

Memo to cloners: Best beware Eve of Destruction

Gene Weingarten
CONTRIBUTING WRITER

Memo To: Brightline Holoclinic, Scientific Director, Ronald Inc.
From: God
Congratulations! Now that creating human life is no longer My gig alone, I want to wish you, ez, Goodspeed.

You are new to this thing, however, and should warn you that even My early efforts were not without mishap. For example, for a long time after the Creation, when with all the begatings, I plunged forget to make females. This proved very unfair to Eve.

Indeed, some of My minor design flaws are with you still; nipples on men, hair in the ears, cellulite, etc. And even now, just when I think I've got the big recipe down pat, every so often the assembly line coughs out a Michael Jackson.

My point is, be careful out there.

I know you Rahellans don't believe in Me, but I'm all right with that. I am not a petty

PLEASE SEE God's on A-18.

Adopt these Three Laws of Cloning

FROM PAGE 16

Roman Catholic Church's official statement against cloning, based on the belief that it interfere with the dignity of human procreation and of the conjugal union.

The same sentiment is also found in a Sunni Muslim cleric's demand that "science must be regulated by firm laws to preserve humanity and its dignity."

The reality is that clones will be no more alike than twins raised in separate environments, and no one is suggesting that twins do not have a dignity or that what they do should be banned.

In the interest of assuaging these and other fears, I propose the Three Laws of Cloning:

A human clone is a human being no less unique in his or her personhood than an identical twin.

A human clone is a human being with all the rights and privileges that accompany this legal and moral status.

A human clone is a human being to be accorded the dignity and respect due any member of our species.

Instead of restricting or banning cloning, I propose that we adopt these Three Laws of Cloning.

The soul of science is found in imaginative thought and creative experiment, not in restrictive fear and prohibitions. Science in progress must be given the opportunity to succeed or fail.

Let's run the cloning experiment and see what happens.

When Your Business Has An Opportunity Or Need...
God’s message about clones

From Page 17

God. Whatsername didn’t believe in Me, either. Madalyn Murray O’Hair. And she did swell, at least until she ran into all that unpleasantness, being whacked by buck-toothed extortionists, buried in a shallow grave and whatnot.

Anyway, at this time of your great triumph, I have some thoughts. I hope you will accept them in the spirit they are offered.


2. Everyone appears terribly concerned that the Raelians are, by most available evidence, gibbering nutcakes. Frankly, this doesn’t bother Me all that much. Many important scientific advances were made by people who held highly unconventional views, such as Galileo.

3. Responsible scientists seem to feel that DNA technology has not progressed to the point where humans can be safely cloned without severe risks to their health and happiness. The implications of this—that rogue scientists might place innocents in terrible jeopardy for their own self-aggrandizement—are not unduly troubling to Me. Many important historical figures placed their own ambitions ahead of humane concerns and had long and prosperous lives, such as Mussolini, prior to the time his head was on a pole.

4. Some people worry that widespread public fear over many of this will stop important research into cloning for organ transplantation and other legitimate purposes. This should not be your concern. A scientist must not be held responsible for consequences of his work, even those that might be foreseen. No retribution is exacted. It is mere coincidence that Ascanio Sobrero, who invented nitroglycerin, wound up being hideously scarred when it exploded in his face.

5. I suspect it is by design that this birth coincides almost precisely with the birthday of the man said to be My only begotten son. Indeed, the Raelian creed suggests that it was through alien cloning that Jesus was resuscitated: I am not offended by this, but, for the record, you are wrong. Without getting into the merits of conflicting theologies, I feel I should point out that it seems apparent to many that He died for your sobs and was resurrected by Me for your salvation, and, indeed, will be coming back. He’ll have a clipboard, if you get My drift.

Welcome back!

We would like to wish you all the best of luck for the Spring 2003 Semester.

We would also like to remind you that REACH Peer Education still has all of the resources you could possibly want for college health issues like drugs, alcohol, safer sex, HIV/AIDS, steroids, etc. We are also providing Orasure HIV testing for $10 (by appointment only). In fact, there really isn’t anything we don’t do.

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Fighting fat with diet fads

Nutritionists nix new year’s quick weight-loss resolutions

Senior Jessica Murphy, 24, has made the same New Year’s resolution for the past four years: to lose that stubborn extra 10 lb and keep it off.

“I’ve tried every diet there is,” Murphy said. “Atkins, Slim-Fast, even those tacky Hollywood Diet drinks. I always start off losing weight, but I’ve never been able to keep it going past mid-February.”

Murphy’s story is a classic one among UCF students. Every January, students flock to the fitness center, determined to keep their resolutions of getting in shape, said Wellness Center graduate assistant Beth Dibiase.

“Everyone’s really motivated at first, but the crowd usually fizzles out within weeks,” Dibiase said.

More often than not, students turn tofad diets such as the Atkins diet, Slim-Fast or the Hollywood Diet to accomplish short-term weight-loss goals. However, health professionals say a healthy lifestyle that includes balanced meals and exercise is the best way to achieve weight loss.

But many students want immediate results and would rather use fad diets to achieve their goals.

“Why would you want to lose the weight the right way when you could lose the same amount in half the time by just cutting out carbs for a few weeks?” said senior fitness attendant Chris Turner, referring to the Atkins diet, which restricts carbohydrate intake.

“I’ve been on [the Atkins diet] myself and dropped 15 to 20 pounds in a month. It’s the easiest way to prepare for spring break.”

While high-protein diets (such as Atkins, Sugar Busters and Protein Power) may seem like a quick fix, Dibiase warned that high-protein intake can rob bones of calcium, a nutrient necessary for preventing osteoporosis. She also said that since the Atkins diet is low in fruit and vegetables, it puts people at a greater risk for cancer, fainting spells and bad breath.

Registered dietitian Jeff Cervero, who owns Total Fitness of Orlando, also discourages high-protein diets. “Diets that are high in protein automatically have a
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Ask a doc

Dr. Nhung Tran
UF Student Health Services

I have a friend that was recently told she might have an eating disorder. Please tell me more about these disorders.

Eating disorders are illnesses that demonstrate disturbances in eating behaviors with a broad range of symptoms such as obsession with weight gain and body image distortion. To correct these perceived deficiencies, these persons diet, or binge and purge, even when their mental and physical health suffer. Patients with bulimic neurotic have recurrent periods of binge eating and because of fear of weight gain they purge by using methods such as vomiting intentionally, taking laxatives or compulsively exercising. Bullies suffer severe dental, throat and intestinal problems.

Since eating disorders have multiple causes, the diagnosis can only be assessed by a health professional that can perform a psychological and medical evaluation. The goals of treatment consist of psychotherapy, medication and nutritional counseling. At UCF Student Health Services, eating disorder patients are handled by a team that includes psychologists, primary care providers and dietitians. The most common stumbling block for successful treatment is denial by the patient afflicted with the problem. This denial sometimes persists for years. The percentage of recovery is modest. Therefore, the earlier the diagnosis is made, the better chance the disorder can be successfully controlled.

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Got a medical question?

Ask a Doc!

January 6, 2003 • The Central Florida Future
Behavior modification key for weight loss

FROM PAGE B-1

high fat intake, which increases heart disease," Cervero said. "Even skinny people can die of high cholesterol."

Pudding shakes made with such ingredients as bananas and grapefruit juice are unhealthy meals, Watson said. "These meals do not replace a balanced meal per day. It is easier to lose weight by eating according to blood type, however, while this may work if a person genuinely likes the healthy food choices that match his or her blood type, Cervero and Dibiase said that no scientific evidence suggests that blood type has anything to do with what a person should and should not eat.

For others, diet supplements and shakes, although inferior to balanced diets, have become popular. Ephedra-based diet supplements such as Metabolide, also a big part of the student diet craze, can cause more harm than good. By raising a person's heart rate, the drug reduces appetite and helps the body to burn more calories than it takes in.

Ephedra can be a very potent fat-burner, but it can be deadly if abused," Cervero said. "I'm pretty sure it will be made illegal sometime in the near future.

The Slim-Fast regime of drinking two meal-replacement shakes and eating one balanced meal per day remains an over-popular diet. Cervero commented that although meal-replacement shakes can be healthy, the high sugar content of the Slim-Fast brand makes the shake an unhealthy meal replacement.

Dibiase added that by replacing a meal with a shake, dieters deny themselves the essential nutrients found in foods like fruits and vegetables.

Even if a shake is fortified with vitamins, it will never be as healthy as a balanced, low-fat diet. Dibiase said.

Both Cervero and UCF health center provider Edsah Pezul declared Weight Watchers one of the healthiest diets on the market, although sometimes on the expensive side, the Weight Watchers plan is healthy because it follows the American Diabetes Association's nutritional guidelines.

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Drowsy driving: serious concern

Dr. McLain said some theories about sleep focus on two factors: the first, Process S, is a hormonal process in which your need for sleep increases as the day goes on. First thing in the morning, your Process S level might be 1; by noon it might be 10 and by 9 p.m. it might be 15.

The other factor is circadian rhythm, which is controlled in the hypothalamus and related to body temperature. Your body cycles through periods of alertness and sleepiness. Usually, alertness peaks in the morning, dips in the afternoon, rises in the evening and dips again about 11 p.m.

The ideal sleep scenario is this: Your bedtime coincides with your Process S level is high and your circadian rhythm is in its late-day low. But things like stress, pain and caffeine can interfere, and so can your personal rhythm—"Everybody's wired differently," McLain said.

There are more than 80 sleep disorders, some of them quite bizarre:

In Kline-Levin syndrome (aka Bip-Van Winkel syndrome), people will go for hours or days and even weeks in the dark, without any stimulus. In narcolepsy, people can fall asleep suddenly anytime anywhere.

Then there are the narcoleptics: Sounds like the name of a rock band, but they really are animals under study at Stanford University. They have cataplexy—falling asleep suddenly when excited. Slight[A] feeling tiresome for a dog, some have been known to fall asleep and miss so many words, they die.

But by far the most common sleep problems are insomnia and obstructive sleep apnea.

Almost everyone will experience insomnia at some point in life; it means trouble falling or staying asleep.

Nearly percent of insomnia cases are temporary, McLain said, as in most cases of postpartum. It usually is for one person in six chronic insomnia. They have an underlying medical problem such as angina (coronary pain), reflux disease or allergies.

The other insomniacs either have a mood disorder, such as anxiety or depression, or have what McLain called a psychophysiological problem, such as "a learned response" to sleeping in their own beds.

Some specialists treat insom­nia with relaxation therapy and better "sleep hy­giene" practices. This includes tucking such as mod­ifying caffeine consumption or the time of day you exercise.

When people find themselves drowsy during the day, the most frequent cause is self-imposed sleep deprivation, McLain said.

But daytime sleepiness also can be a sign of apnea, in which people stop breathing for several seconds. Most common is obstructive sleep apnea. Less common is central apnea, which is nerve-related and may be linked to sudden infant death syndrome.

Obstructive sleep apnea is the most frequent problem that shows up in sleep studies. If it is detected, the patient is awakened and connected to a CPAP machine, for continuous positive airways pressure. With air sup­plied through a mask, this device can help apneas sufferers get a good night's rest.

"There's nothing romantic about putting on that mask and going to sleep at night," said Lookaby. The husband, Mike, tires her about having a Darth Vader persona after dark.

But she said the teasing and the initial discomfort were worth it when she reported her energy and no longer had to struggle to stay awake.

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January 8 and 9: Bboy (open jam)
January 11: Kim Jiminez, Chris, David Gallagher (acoustic)
Weight Watchers wins in weight war

"Weight Watchers educates people about nutrition and the combination of a healthy diet and exercise," Pazir said. "It represents a change of lifestyle rather than a change of diet."

Cervero stressed that moderation and balance are the key components in adjusting one's lifestyle to keep physically fit. "Anything that restricts you from having any one type of food is bad because we need the nutrients that come from every food group," he said. "Balance is essential to every diet, and we should all focus less on losing weight and more on achieving a healthier lifestyle."

Many diets suggest "tricks" for eating less, such as drinking a glass of water before meals, eating only while seated or putting the fork down between bites. "Those tricks are ridiculous," Dibiase said. "The healthiest way can be as simple as eating with a friend, because you take your time and realize the natural stopping point of becoming comfortably full without overeating."

As for the latest crazy diet trend, the sex diet (which can be found at http://thesexdiet.com) is designed for couples in committed relationships. The couples must go through the program together and are encouraged to use detailed sexual fantasies as their motivation and reward system for achieving their personal weight loss goals.

So is the sex diet legit? Cervero isn't necessarily opposed to it. "A stressful life often leads people to overindulge on their favorite foods, so by increasing your physical activity, you can decrease stress-induced overeating."

Turner doesn't discourage the diet either. "I'll put my stamp on that one." But does it work? Find out what eight UCF students think about the sex diet when they share their personal experiences in next Monday's issue of The Future.
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Welcome Back
from the Office of Student Activities

UPCOMING ACTIVITIES

Mon Jan 6
VUCF Clothing Drive (through 1-24-03). Boxes located in the
Student Union and in the breezeway near the UCF Bookstore

Wed Jan 8
6 pm  CAB meet and greet, SU Pegasus Ballroom

Sat Jan 11
9 pm  Late Knights, SU
9 pm  EKCEL Welcome Back Social, SU

Mon Jan 13
 8 pm  Avant Garde Speaker Dr. Ronald Eaglin on
     Adventure racing, SU Key West 218A

Tue Jan 14
 10 am - 4 pm  Club Showcase, SU South Patio
 1:30 pm - 2:30 pm  Knights of the Round Table meeting,
                   SU Egmont Key
 7:30 pm  Intro to EKCEL, SU Egmont Key 224
 9 pm  CAB Cinema "The Good Girl," Cape Florida Ballroom 316

Fri Jan 17
 5 pm  Spring Registration Deadline for clubs; forms due in the
       Office of Student Activities

Sat Jan 18
 8 am  VUCF Ripple Effect. Carpool in front of
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Knights, full of free fun, games, prizes, and food. So,
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For more info on any of these
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Allen setting team pace

CHRISS BERNHARDT
STAFF WRITER

Off to an unexpected slow start, the Golden Knights are in need of something positive. They need no further than Takira Allen. The emergence of the second-year forward remains a bright spot for UCF. Prior to the semester break she twice posted career-highs in scoring and didn’t bother slowing down for the holiday season. While the rest of the school went on break, Allen took a firm grip over the starting power forward spot and averaged 14.4 points and 9.4 rebounds in five games. She scored a career-high 14 rebounds in a Dec. 11 loss to Florida and a career-high 20 points to go along with 12 rebounds for her first career double-double in a Dec. 19 win over Detroit. Just prior to that she was named Atlantic Sun Player of the Week.

For the season Allen stands as the only Golden Knight averaging double figures in scoring. At 12.4 points per game, she averages nearly five points more than second-leading scorer Marvelous Washington (7.5). Allen is also second on the team in rebounding with 6.4 per game, just behind forward Erin Puzio (6.5).

Roberts gets closer with each shot

Sophomore center Ali Roberts continues her remarkable quick trip up the UCF career blocks list. After blocking 79 shots in her initial collegiate season, she stood just 15 short of Meg Schnier's career record of 96.

So far this year Roberts has 13, putting her second on the all-time list with 91 and meaning a new record could get set anytime during the next few games.

PLEASE SEE Freshman on B-16

Knights continue surprising season

UCF upsets defending champs FAU 80-69

Junior forward Center Lynnsys also posted his first double-double Saturday with 12 points and 10 rebounds.

Krusczek garners interest

WOMEN'S BASKETBALL
NOTEBOOK

The men's basketball team beat FAU without starting point guard Al Miller, who has been suspended indefinitely from the team.

Kirsty Shonka
STAFF WRITER

The UCF men's basketball team began the season with only five returning players and many expected this to be a rebuilding season. Despite that, the Golden Knights are off to a 9-4 start, but now they've down to four returning players.

Senior point guard Al Miller has been suspended indefinitely from the team, but the young Knights continued to quiet doubters Saturday night as they beat Florida Atlantic, the defending Atlantic Sun champions, 80-69 at the UCF Arena.

It was the first conference game of the season for the Knights, who were picked to finish second-to-last in the South Division of the A-Sun. The Owls were picked to finish second behind Jacksonville.

"We got a good start going into conference and all we're trying to do is better ourselves," forward Ed Dobson said.

After trailing for most of the first half, FAU went on a 15-4 run to take a 33-24 halftime lead. Guard Ray Abellard continued to be the bright spot in UCF's offense with 13 first-half points, but the rest of the team struggled to hit a shot and the Knights hit just 32.1 percent of their shots in the half.

Dobson, second on the team to Abellard in scoring, found his rhythm offensively in the second half. He hit five of his last seven shots and finished with

PLEASE SEE Speraw on B-13

Kruczkek interviews, men's basketball beats a Top 25 opponent

A look at what took place over the semester break

Kirsty Shonka
STAFF WRITER

Krusczek garners interest

UCF football coach Mike Kruczkek was a finalist for head coaching jobs at the University of Kentucky and Louisville over the semester break. Louisville hired Auburn offensive coordinator Bob Paterno and Kruczkek withdrew his name from consideration from the Kentucky job.

"I am committed to continuing the building process at UCF," Kruczkek said. "I have a lot of time and effort invested in the UCF program and feel I have unfinished business."

Kruczkek is expected to interview for a Top 25 opponent of the Mid-American Conference. He has a 33-25 record as head coach at UCF.

Top 25 win highlights men's basketball team's December

Over the semester break the UCF men's basketball team hosted a nationally ranked opponent for the first time, but that
Speraw able to find depth without Miller

FROM PAGE B-12

19 points and eight rebounds. "Coach told me to show down and that's what I did in the second half. Things opened up for me, and I began to see the floor a lot better," Dotson said. "It was just patience that really helped me out."

Dexter Lyons, who got in the start in place of Miller, found his shot in the second half as well. Lyons went four-for-five in the second half after making 1-1 in the opening half, and hit 50 percent of his shots.

The Knights opened up a 16-point lead with three minutes left in the game after a 20-10 run. Lyons had seven of his 19 points during that run. Free throws down the stretch by Lyons and freshmen Will Bakanowsky and Troy Lindbeck sealed the victory for UCF to kick off the 2003 season.

Senior Ray Abellard led all players with 20 points Saturday against Florida Atlantic University.

The Knights, a somewhat unfamiliar team, filled in for Abellard, who went out briefly with an ankle injury.

"I was a little different," Boyd said. "I haven't played the point guard spot since high school."

He added that it would take some time to get adjusted to the change, but he does have some help. Abellard and Lindbeck handled point-guard duties while Boyd was in foul trouble.

Newcomers Lyons, Bakanowsky and Lindbeck all saw significant minutes in the game, showing depth that wasn't expected of this team.

"We definitely have depth now," Boyd said. "It's time for those players to come in and shine."

Lyons played a career-high 36 minutes and grabbed 10 rebounds to go with his 12 points for his first double-double. Bakanowsky, a 6-foot-9 center, had 10 points, including two-of-three shooting from 3-point range in 16 minutes. Lindbeck played 33 minutes, including a stretch where he filled in for Abellard, who went out briefly with an ankle injury. Lindbeck had six points and hit three of four free throws in the final minute of the game.

"It was good to see these guys step up, especially when Marius got in foul trouble and Raymond hurt his ankle," UCF Coach Kirk Speraw said.

The Knights will need similar contributions today as they hit the road to play Kansas State at 5 p.m. The Wildcats are 8-4 and are on a six-game winning streak. Three of the Knights four losses on the season have come on the road.

The Knights play Kansas State on the road today.

Senior Marius Boyd, UCF's leading scorer, filled in for Abellard, who went out briefly with an ankle injury.

"I think it's definitely one of our strengths, the team," Boyd said. "I think we can get a lot of improvement from the second half of the game."

Lyons played a career-high 36 minutes and grabbed 10 rebounds to go with his 12 points for his first double-double. Bakanowsky, a 6-foot-9 center, had 10 points, including two-of-three shooting from 3-point range in 16 minutes. Lindbeck played 33 minutes, including a stretch where he filled in for Abellard, who went out briefly with an ankle injury. Lindbeck had six points and hit three of four free throws in the final minute of the game.

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Baseball team garners preseason rankings

FROM PAGE B-12

first wasn't enough for the Knights. UCF ran away with an 82-64 win over then No. 25 College of Charleston, for the program's first win over a ranked opponent.

Forward Ed Dotson scored a game-high 18 points as the Knights handed the Cougars their biggest defeat since a December 1999 loss to Princeton. UCF went 5-3 in the month of December. The Knights started off the semester break with a 55-54 loss to Florida A&M on Dec. 8 in Tallahassee, but rebounded with the win over the College of Charleston. UCF split a two-game road trip with a 58-63 loss to Tennessee-Martin on Dec. 15 and a 99-83 win over Chicago State on Dec. 18.

The Knights held off a late rally by Florida Gulf Coast on Dec. 21 for a 68-63 win at the UCF Arena. UCF's leading scorer, Ray Abellard, did not play in the game. The University of Miami beat the Knights Dec. 27, 62-51, at the UCF Arena. An announced crowd of 2,428 marked the largest audience for a basketball game at the arena since Miami last came to town in 1996. Abellard scored 26 points in the Knights' 64-55 win over The Citadel on Dec. 30.

Women's basketball team struggles through break

The UCF women's basketball team brought some steep competition to Orlando in November and was only able to walk out with one win, a 61-48 victory over Detroit on Dec. 19. The Knights got the month started by welcoming back former Orlando Miracle Coach Carolyn Peck when the Florida Gators came to the arena. UF beat the Knights 72-48 Dec. 11.

Georgia Tech finished a tightly contested game on a 12-7 run to hand UCF a 62-56 loss back on Dec. 15. After beating Detroit, the Knights fell to Mississippi State 81-30 on Dec. 20. The Bulldogs were ranked 14th in the nation at the time. The Knights wrapped up December with a 54-53 loss to Lipscomb on New Year's Eve. Lipscomb hit a jumper with six seconds left in the game for the win.

UCF baseball ranked in preseason polls

Baseball America and Collegiate Baseball News both have the UCF baseball team ranked in their preseason polls. The Golden Knights were ranked 26th by Collegiate Baseball News in their Top 40 Preseason Polls. Atlantic Sun opponents

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Freshman shines at point guard

FROM PAGE B-12

Claudia Johnson leads all freshmen, averaging 4.7 points a game.

Struggles continue for Scala
Still recovering from offseason back surgery, guard Jessica Scala’s shooting woes continue. One of the top shooters in the A-Sun last season, her field goal percentage has dipped to 33 percent and 29 percent from behind the arc.

At one point during the break it looked like she might snap out of it, hitting 7-of-13 shots over a two-game stretch against Georgia Tech and Detroit. But she regressed in the following two games, going 5-of-13. For the five games she shot just 36 percent from the field, she leads the team with 33 assists. In addition she has turned the ball over just 15 times, not a bad ratio for a first-year player.

Shayla shines
Over the course of the preseason, true freshman Shayla Smith has impressed Jacksonville State. For the second straight week, Georgia State forward/center Evita Rogers garnered Player of the Week honors. The other winners thus far this season: Jacksonville State forward Shanika Freeman, Jacksonville forward Ka‘纠正 Tyung and UCF’s Allen.

The product of Camden County High School in Kingsland, Ga., Smith has started eight of UCF’s 10 games including all five over the break. Though her offense and shooting haven’t quite come around (3.9 points per game, 26 percent from the field), she leads the team with 33 assists. In addition she has turned the ball over just 15 times, not a bad ratio for a first-year player.

Etc.
In UCF’s lone December win, 61-48 over Detroit, Paige scored 10 points and grabbed 10 boards for a double-double. It was the sixth time in the senior’s four-year career that she had accomplished the feat.

Around the A-Sun
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Volleyball finished 22-13

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FROM PAGE B-14

Florida Atlantic was ranked No. 21 and Stetson earned the No. 32 spot.

In Baseball America's preseason Top 50, the Knights earned the 39th spot, while Stetson will start the season at No. 18 and Florida Atlantic is No. 24. UCF is ranked behind the Hatters and Owls despite winning its second consecutive A-Sun Championship last season.

UF ends UCF's volleyball season

The Golden Knights earned a spot in the NCAA Tournament by winning their second consecutive A-Sun Championship, but failed to get past the first round for the second year in a row. The Florida Gators defeated the Knights 3-0 on Dec. 9. UF advanced as far as the semifinals of the tournament, losing to top seeded Southern California. The Knights finished the year 22-13.

Junior outside hitter Leyre Santaella Sante earned yet another honor Dec. 12 when she was named an honorable mention selection to the American Volleyball Association All-South Region team. Sante ended the season as the team leader in kills (610) and service aces (34). She ranks fourth at UCF in kills with 1,497 and fifth in single-season history with 610 kills.

Joe Katinas / CFP

Junior Leyre Santaella Sante (center) finished leading the volleyball team in kills and service aces.

UF: University of Florida
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Dotson, Abellard lead offensive attack

The UCF men's basketball team compiled a 5-2 record over the break, including its first-ever win over a ranked opponent (No. 25 College of Charleston), and its first conference win of the season against defending Atlantic Sun champs FAU.

The Golden Knights also hosted Miami for the first time since 1999 (a 62-51 loss), and got off to their best start under Coach Kirk Speraw at 9-4. Ray Abellard leads the Knights' offensive attack, averaging 18.9 points per game, and Ed Dotson is not far behind, averaging 13.6 points per game.

Dotson has provided the Knights with an intimidating presence in the paint as well, averaging six rebounds per game. Roberto Morentin and Marius Boyd are not far behind in rebounding, with 5.8 and 5.5 per game, respectively. UCF has dominated almost all of its opponents on the boards, out-rebounding all but two teams and tying another.

The Golden Knights finished the break with a 5-1 home record, turning the UCF Arena into a definite home-court advantage. After a short road trip in which UCF will play Kansas State, Troy State, and Mercer, the Knights return home Jan. 18 to play conference foe Stetson. Tipoff is scheduled for 12 p.m. and the game will be televised on the Sunshine Network.

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