PUMPED UP PERFORMANCE

Grade inflation could be the main culprit for rising GPAs

UCF students get more A's than they used to, according to an analysis by The Future.

What's considered average, a C, is now considered a poor performance by many students. Nationally, the average grade for a college student has risen to a B, leading some experts to wonder if an inflation of grades is the culprit, rather than harder studying.

One popular hypothesis, advanced by a Duke University research team in the early 1990s, portrays colleges as businesses trying to woo prospective students. Since these student-clients like to see a return on their "investment" in the form of above-average grades, curriculum and academic standards have lowered to facilitate better grades and a better academic standing for colleges.

Students, according to some educators, have also redefined the concept of "average." Whereas in the past an average student would get a C, students now expect to get above-average grades, curriculum and academic performance.
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Florida State loses patent claim
Florida State University has lost the latest round in a court fight to claim patents rights for three chemical compounds that might be useful for treating cancer.

The university and three of its scientists — Robert Holton, Russell Naelbiki, and Li-Ng Yang — lost their claim to be named as co-inventors of the compounds late last month when a three-judge panel of the U.S. Court of Appeals for the Federal Circuit overturned a lower court ruling.

The earlier ruling favored the university on the basis that the new compounds were synthesized using a chemical process that Florida State owns as a trade secret.

The appeals court ruled against the university in deciding that three other scientists — Chunlin Tan, Patrick Soon-Shing, and Neil Desou, who work for American Bioscience Inc. in California — were the true inventors of the six compounds, which the scientists believe might help patients respond better to radiation therapy.

The had worked at the university for Holton as a research assistant from July 1991 to November 1994. The university maintained that the patent claims were based on the use of a chemical process that he had learned while working at the university. Holton is noted for his discovery of a chemical process that was used to create a form of the active substance in Traill.

American Bioscience, a biotech-drug manufacturer had already sold the university $300,000 in damages to settle the charges that it had misappropriated trade secrets in the case involving the new compounds.

According to reports by the Associated Press and the news journal The Scientist, royalties from the compounds are expected to bring Florida State more than $300 million since the mid-1980s. But, with those royalties in decline, in part because of new regulations on the market in Canada, the university was counting on the potentially valuable new compounds, which could add millions to the dollar figure.

The university plans to ask for a rehearing before the appellate court, but its lawyer said it is unlikely to appeal to the U.S. Supreme Court if it loses again.

Ex-quarterback pleads in gambling case
Adrian McPherson, a former Florida State University football player, pleaded no contest last week to charges of gambling.

Prosecutors said they wanted to retry McPherson on the gambling charges after his June trial ended in a hung jury. The terms of the plea bargain, however, were relatively lenient.

The prosecution said that no judgment of guilt would result from the plea, and that if McPherson agreed to complete up to 30 months of probation, serve 30 days on a county work release program, and perform 140 hours of community service. The officials also stipulated that if McPherson followed the terms of his probation, it would end after 14 months.

If he had been convicted of the misdemeanor gambling charges, he would have faced a $300 fine and up to six months in jail.

McPherson, who was briefly the Seminoles' starting quarterback last fall, stood accused of participating in Monday Night Football games last season and on National Football League games.

The National Collegiate Athletics Association strictly prohibits athletes and coaches from betting on any kind of sporting event, but Florida State athletic director, Teague Wetherell, said he had no clue whether the gambler had been involved in any of its athletic programs.

UCF incubator thrives while helping million-dollar ventures
Program grows tech companies while giving UCF grads jobs

Brandon Hardin

When Eric D. Delisle moved his company, DigiBelt, Inc. from Phoenix to Orlando one year ago, he had no employees and no sales. Now he has 15 employees, and he's expecting 2008 to be his company's first full fiscal year, and UCF helped get him there.

Delisle attributes part of his company's rapid growth to UCF's Technology Incubator, a program founded in 1999 to help high tech startups companies. "We would be six to eight months behind where we are if it wasn't for the incubator," said Delisle.

Companies in the program fill a variety of roles in the technology business sector, from education, healthcare, simulation and training, robotics, industrial engineering, electronics and software.

The program helps companies in a variety of ways, including providing space and flexible leases and access to University facilities. UCF also offers onsite counselors to assist businesses in areas such as government contracting, international trade, human resources, and marketing.

Delisle added that although the incubator provides invaluable resources, individual companies still have to do the work to succeed. "It's not a place where they do everything for you;" he said.

UCF's Technology Incubator, consults with David Bird of SiliconTech, Inc., a startup company getting an assist from the program.

Certification program turns professionals to teachers
Fast-track courses create new careers in unstable economy

Central Florida lawmakers and educators say education and unemployment are two of the biggest challenges facing our state.

And they say they've found a solution to resolve both.

Lockheed Martin, Orange County Public Schools and UCF's College of Educationкол·laboratively have created a fast-track course designed to quickly prepare math and science professionals who have been left jobless in an unstable economy.

The Toyota USA Foundation gave UCF $275,000 to help launch the program this summer. It is the first of its kind in the state.

"In the short run, no major impact will be shown on the community," said Michael Bynes, director of Lockheed Martin/UCF Academy for Mathematics and Sciences, who led the conception of the T-MAST program. "However, if the program is successful over a period of several years, then UCF will be part of a solution to the long-term teacher shortage.

Carine Strebel, coordinator of evaluation for UCF's Space and Research Center, who worked with Bynes to develop the accelerated teacher-certification program, said now is the best time to encourage professionals to become educators for several reasons.

"Florida has not been able to produce enough teachers, and the ones we do have are retiring," Strebel said.

Moreover, she said, professionals can bring a wealth of career opportunities for math and science professionals who have been left jobless in an unstable economy.

The Toyota USA Foundation gives UCF $275,000 to help launch the program this summer. It is the first of its kind in the state.

"In the short run, no major impact will be shown on the community," said Michael Bynes, who led the conception of the T-MAST program. "However, if the program is successful over a period of several years, then UCF will be part of a solution to the long-term teacher shortage."

"The demand for teachers is reported to be "seriously tight,"" she said. ""The supply of teachers may be low, but the demand for teachers is high."

Ultimately, the program will create new jobs for qualified professionals who are unemployed.

"The difficult economy has caused many companies to downsize and lay off workers," she said. ""T-MAST provides opportunities for math and science professionals who have been left jobless in an unstable economy."
Teacher leniency may be at fault for increase in A's

FROM PAGE 1

an A or a B for doing the minimum amount of work at an adequate level.

"If I get a C, then something's wrong ... I've failed to get an A or B," said sophomore Jeannette Vega, 20.

With students expecting higher grades, professors who remain devoted to normal methods of grading might be subject to harsh evaluations. "I remember going to one of those Web sites where teachers get rated, and a couple of people said that one particular professor was a really tough grader," said junior Tim Moore. "But on the very first day of class, [the professor] explained how she graded and that we would earn whatever we were presented only 16 percent.

In 1980, 10 percent of the grades in UCF's undergraduate classes were A's, and 27 percent were C's. In 2000, just 20 years later, those percentages practically swapped places, with 31 percent of grades being an A, while C's represented only 16 percent.

The University of Florida has experienced a similar increase, as the average GPA for undergraduate students has increased from 1990's mark of 2.88 to 3.19 in 2001. This steady rise in grades has conditioned students to expect above-average grades for average work.

"If I say that I'm a C student, I don't think people associate that with being average," said Moore, 21. "Maybe that's the way it used to be, but I'd say the new average is a B, and most teachers and students approach class that way.

Whether they've earned it or not, most students don't have a problem with getting higher grades. The trend toward awarding higher grades for the same level of work started 30 years ago, when not getting a good grade might've meant a trip to Vietnam.

During the Vietnam War era, some professors gave passing grades to students who wouldn't otherwise fail, flunked out of college, and become subject to the draft — a failing grade, teachers decided, could be a death sentence for some students.

After the war, however, grade distribution returned to normal levels. Beginning in the 1980s, grade averages began to vary across the nation, this time without any clear explanation. During that decade, UCF saw the number of A's increase almost 10 percent. Without a war to blame theories about inflation popularized.

Grade inflation may please students and keep faculty from endurings student criticism, but a continued rise in grades could lead to a complicated and ineffective grading system in the future, according to a recent study by the American Academy of Arts and Sciences.

Study authors Henry Rosovsky, a former Harvard dean, and Matthew Hartley, a lecturer from the University of Pennsylvania, both advocate ending the current trend of grade inflation.

"At first glance [grade inflation] may appear to be of little consequence," the authors write. But it creates internal confusion giving students and colleagues less accurate information. It leads to individual injustices (and it may also engender confusion for graduate schools and employers).

Rosovsky and Hartley added that to reverse the trend of grade inflation, schools should enforce a consistent set of grading criteria while using the standard distribution curve as a measuring stick for each class.

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"If I get a C, then something's wrong ... I've failed to get an A or B."

—Jeannette Vega

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Grade inflation at UCF
Since 1980, UCF grade point averages have dramatically risen. This follows a nationwide trend of grade inflation. A 'C' grade is now considered to be an average grade as opposed to a 'C' grade.

ife you get a C, then something's wrong ... I've failed to get an A or B.

—Jeannette Vega
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Provis considered presidencies but stuck to his provost roots

From Page 1

"One thing I haven't dealt with is the rapid growth that UCF is experiencing," Hickey said. "Many of the moves that we're making right now are because the university has changed so much."

The provost said the biggest challenge in handling the school budget will be finding and keeping talented people. A UCF news release notes that a number of people will become eligible for retirement in the future, putting a strain on the budget.

Hickey is widely respected within the university community for his willingness to help others. He was the first provost to take early retirement in 1997 to head the University of Akron, which he did for seven years. He then returned to UCF to serve as provost for one year before retiring.

Hickey's experience at a fast-growing university led to his decision to retire from UCF.

"I feel very fortunate to have been at UCF for 20 years," Hickey said. "I've had a chance to work with some of the best people in higher education, and I've had the opportunity to make a difference at a great university."
Professor urges involvement to stop environmental destruction

FROM PAGE 1... administration in U.S. history.

UCF biology professor Walter E. Taylor agreed. He believes the current administration has failed the public by bringing about environmental issues. He said the Bush administration has slashed in clean air and water policies.

"I feel that we have to give him an F minus," Taylor said. "I have not heard one word from him or his administration encouraging Americans to conserve. We are a wasteful nation and certainly our leaders should come forth with sound conservation policies and encourage Americans to conserve.

George Bush would use as much natural resource as possible, such as timber, mining, gas; laws would be corporate in preserving legislation. The prove of a Bush plan is often how legislation is becoming lax in clean air and water policies. He has allowed our national lands to be degraded. The national parks and forests need money; but have received little from the Bush administration."

Environmentalists cite several examples of what they see as Bush's environmental follies. Perhaps most controversial is his push for oil drilling in the Alaska National Wildlife Refuge, an area the administration has described as critical to American energy needs. Environmentalists say drilling in the region will wreak havoc on sensitive lands and wildlife.

Other contentious plans include opening up millions of acres of previously protected forests for logging, and 200 million acres of formerly protected land for mining and drilling. Environmentalists say this is not only critically degrading the national parks, but also erosion is occurring. The Bush administration, along with the League, are trying to clean up commercial leach waste.

Political science major Christine Goffredo said students should come together to understand how legislation will affect the environment as well as individuals. The said there are many organizations, including Greenpeace and Free The Planet, that make awareness on environmental issues at UCF.

"It is important that as responsible citizens, we hold the government accountable and make sure that environmental regulations are not only enacted and passed as legislation, but carried out as well," Goffredo said. "This past year has been the best ever for environmental strides as far as legislation goes, and we need to be aware of that."

Taylor agreed that citizens should become more involved in matters concerning the environment and conservation. "I find so many students don't know what is going on in the world — environmentally or otherwise," he said. "Increase the numbers of cars on campus; I never had a car during my entire graduate work. Preserve our natural Reecypol. The amount of waste from this campus and elsewhere that goes in the landfills is sickening. Turn off lights, report leaky faucets, etcetera. Little things like these help, but get involved."

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New companies hire students

from Page 3

...they provide the services and you get it done," he said.

despite a recession in the technology sector, the incubator has continued to grow, with businesses flocking to the nurturing environment UCF has provided.

Carol Ann Dykes, the incubator's manager, said, "there have been phenomenal increases in the economy.

When the incubator was formed, 12 companies resided within the walls of its 12,000-square-foot facility. Now the incubator is at 27,000 square feet and is housed to 36 companies — with more on the way.

Also, the incubator is set to open a new facility in downtown Orlando. The new space will be open in mid-July and is already at full capacity.

"We're still on our own growth curve here; we're still starting," Dykes said. She added that soon the program is going to start getting on the radar of companies tapping resources from the companies the program already serves.

"You can only effectively serve so many," Dykes said.

As the incubator program grows, so do the companies within it. Generally, a company will spend three years in the incubator, or until it's making enough revenue to sustain its own development. On average, companies are making $15 million to $20 million per year when they leave, "sometimes more," Dykes said.

"Though the basic goal of the incubator is to help existing companies grow, it's also helping the community and Central Florida's economy," Dykes said. "Our goal is to create jobs in the community that are high-wage jobs." Dykes said.

The benefits of the program have helped get it funded through a variety of college and community development impact.

While it won't be Chatila's last project, he said, "It's great for the next level and it's really convenient." Working at DigiBelly, they are encouraging us to research stuff, I'm actually learning stuff that's hitted at in my major.

A sense of community has also developed within the companies of the program. Dykes has found two clients who are also part of the incubator. Also, Delisle is currently working with two companies, developing new products.

The incubator program has been great — completely invaluable to us as a small company," he said. "It really helps us and network and meet with who's who in Central Florida."

Due to the connections made through the network of businesses in the incubator, Delisle has found new investors and is also taking part in a $1,000,000 National Science Foundation grant.

The ties forged with the program have also helped businesses indirectly. Dykes said companies associated with UCF take on an air of responsibility, something Delisle has experienced firsthand. The greatest benefit of being part of the program is a sense of implied credibility because of the company's connection to UCF.

In addition to businesses born outside the campus, some companies have been born directly from UCF graduates and faculty. The incubator's very concept sprang from faculty who had ideas for businesses but no idea of how to start them.

Dykes explained, "The incubator is driven by demand in the marketplace." One such company is Rini Technologies, Inc. Founded by UCF graduate Dan Rini, the company was awarded a government contract for its creation of an innovative cooling system that uses an evaporative spray.

In the struggling technology sector, the incubator has helped businesses work out problems that have caused other companies to fail. While the incubator helps to grow new businesses, it also helps to save them from mistakes.

"At the end of the day, the only thing that matters is how we've helped our incubated businesses succeed," Dykes said.

One-year program earns students master's degree, offers mentors

from Page 3

...these people with a second chance at UCF.

Professionals from a variety of fields are showing interest in the program.

Massachusetts Chatila, who graduated from UCF in 1985 as a business administration major, is eager to earn her teaching degree through the T-MAST program.

She dreamed of teaching, but grew up in Lebanon, where a teaching degree was an ambitious goal for a woman. When a UCF math teacher informed Chatila of the T-MAST program, she did not hesitate to sign up.

"So far, the program is very nice because of the close interaction with the student and teachers. They are very flexible with our learning styles," Chatila said.

While it won't be Chatila's first time teaching in a classroom upon completing the T-MAST program — she recently served as a teacher's assistant — she admits she's looking forward to being a teacher of her own.

"Even with a little background, it's going to be very challenging to be in the classroom in change," Casey Krzeminski, a 1997 Florida State University graduate, said. "One major reason that majored in chemical engineering, is now enrolled in T-MAST as well.

"I wanted my master's degree anyway and this way I can get it in one year, and get paid doing it," Krzeminski said.

The four-semester program hails 30 credits hours in a year and earns students a master's degree in mathematics or science education.

The first and last segments of the T-MAST revolve around coursework work, while the second segment takes place with a mentor in the classroom.

"The biggest obstacle of T-MAST is satisfying two bureaucracies — helping the students meet the state's teacher certification and UCF graduation degree requirements at the same time," Dykes said.

Adjunct instructor Marie Causey said the first segment of the T-MAST classes, conceding the teaching techniques are more demanding for students than they might have thought. The program still will provide valuable training for those future educators.

"Even with the modified instruction, the students are hopefully given a realistic view of how to assign tasks in the classroom," Causey said.

Despite the fast-paced training, the program provides a mentoring aspect that students would not receive earning an education degree the traditional way. Students are paired with mentors to help guide through the program's requirements.

"We service all parts of the community," Stern said.

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Inflated grades must be discredited

When students step out of high school, they have a couple of choices — join the workforce, or continue their educations by going to college.

The whole point of college is to add to the knowledge a student absorbed in high school, and the best way is to measure that knowledge through their grades. If a student retains what they're supposed to retain, their grade is supposed to reflect that.

UCP's average GPA has been rising since the early 1990s. It's probably no surprise students are doing a better job writing papers or taking tests. It's because professors are becoming more lenient.

The whole point of the A, B, C, D, F scale is to divide grades, with A representing superior knowledge, F's showing failure to learn enough, and C's showing we learned what most people are expected to learn — the average.

Social factors over time have changed the meaning of this scale, so because his family isn't average, they're now considered undesirable, whereas it's seem to be the average.

Both students and teachers seem to see it this way, which is why UCP handed out more A's in 2000 than F's or C's.

This contradicts the traditional bell curve, where it should dominate, with fewer grades at the extremes of the scale.

The shift toward better grades could, in an ideal world, mean so many students are producing such excellent work that the grades have to be high. But what's more likely is that more students are opting to go to college rather than join the workforce, and competition between colleges to lure those students to their institutions is increasing.

The inevitable consequences is universities increasing the standards for their students, and what better way to attract a student eager to earn a degree than saying it's easier to earn your B than your A here.

Create inflation is unintentionally undermining the goal of universities, replacing their role as educational institutions with that of degree mills. Students will enter the workforce with high marks that mean little, and employers will be left wondering why the youngest members of their work force aren't worth the price of the paper their resumes are printed on.

Letters to the Editor

Dear Editor,

I have a question about the Inflated GPA's mentioned in your article. I believe that it is important to have a balanced grading system that reflects the students' abilities and efforts. However, I also think that it is important to have a system that encourages students to work hard and strive for excellence. What do you think are the advantages and disadvantages of a grading system that rewards students for their efforts, as opposed to simply giving them grades based on their performance?

Sincerely,

[Name]

Student groups deserve sovereign standards

I write to voice my concerns regarding the recent article published in the Student Section. The article, titled "UCP's Inflated GPA's," highlights the growing concern regarding the quality of education at our university. As a member of the student body, I believe it is important to consider the implications of these practices.

One of the most concerning aspects of UCP's grading system is the tendency for grades to be inflated, which can have a significant impact on students' academic records. As a result, it becomes easier for students to achieve higher grades, even at the expense of their actual knowledge and skills.

Furthermore, this phenomenon can create a culture of complacency among students, leading to a lack of motivation and a decrease in the overall quality of education. It is crucial that we take steps to address this issue and ensure that our educational system remains transparent and fair.

In conclusion, I urge the administration to take significant steps to improve the grading system and ensure that students are rewarded for their genuine efforts and achievements. This will not only benefit our individual students but also contribute to the overall quality of education at our university.

Sincerely,

[Name]
Charlton Heston warned us that this day would come, but we did not act. "Mummy" Mark Wahlberg repeated Heston's words of warning in an ineptomisent remain, and still, we failed to do anything. Now, the monkeys will take over and there's nothing we can do.

To be more precise, one monkey will take over Pepsi's summer giveaways is giving away a grand prize of $1 billion, and they've determined that a monkey will be the one to decide if anyone takes home the greatest prize ever offered.

I suppose it makes sense on the surface, given that Pepsi wants to make sure the giveaway is entirely random. But maybe our chance the monkeys have been waiting for. Maybe they finally have the opportunity to take their rightful place as the dominant species on the planet.

Yes, the end is near, and just as Nostradamus predicted, it will take place during a two-hour special on the WB network. But don't worry folks; we'll have Drew Carey, the live-action Dilbert, as the host. Who better to usher in the new era of monkey dominance?

I did mention that Universal Studios in Orlando will be the scene for this monumental attempt to capture ratings? I guess this makes sense, too. The monkeys know that if you want to remain chief of America, you don't go to Washington; you go to our theme parks.

The show will be called "Pepsi Play for a Billion." I only pray that the show's content is as daring and creative as its boldly unimaginative title. It is, we all for quite a banana-flavored theme park adventure.

Details of the show are sketchy — probably because it's going to be horrible — but here's what I've been able to gather. Ordinary citizens who happen upon specially-marked Pepsi products can take the number under the cup of their soda and enter it at billion-sweep.com.

Of those who take the time to enter their number, 1,000 lucky people will be randomly selected and whisked away to sunny Orlando. They'll be given a hotel room at Universal and from there 10 people will be chosen as finalists for the actual show.

The remaining 990 "winners" will then have nothing to do but spend thousands of dollars waiting in line at any number of overpriced attractions in Central Florida. As an added bonus, they can also get their picture taken with Shrek, who's actually a sexually frustrated teenage in a big green suit... but that's not important right now.

The 10 finalists will then battle in secret competitions to determine which one will win a guaranteed prize of $1 billion, and a shot at the grand prize of $1 billion. There's no word on what the competitions will be, but I'm sure the contestants will compete to see who can get the worst sunburn, suffer the most mosquito bites or shell out the most money for a bottle of water.

Once the winner is crowned, carefully, so as to avoid any further irritation to the sunburn, the monkey will take center stage. The monkey will then arrange a six-digit number of his choosing, and the contestant must match it. If the monkey and the contestant are simpatico, then the contestant will be paid $1 billion for drinking a Pepsi and matching the monkey.

Then Wayne Brady will jump into the picture and sing a cute little improvised song about how man and animal have finally found a common ground. Upon seeing this glorious display of humanity, Clint Eastwood will opt the movie rights to the show and adapt it to make the long-awaited sequel to "Any Which Way But Loose."

Yeah, right.

As you might be able to imagine, the odds are pretty long that someone will be able to read the monkey's mind and give an exact match to the random six-digit number. My own calculations put the odds at not-a-chance-in-hell-to-1.

And that's exactly what the monkey wants.

Once the contestant fails to match the number, thechimp will steal the money and become the most powerful monkey on the planet — stealing the title from Joe Millionaire.

With that amount of money, there’ll be nothing to stop him from taking over.

He'll buy off Simon Cowell and become the next American Idol. He'll purchase a controlling interest in the banana business and withhold the delectable fruit until George W. Bush agrees to a debate on national television. Facing a lifetime of cereal without "snickers," Bush will cower and debate the monkey.

Once the monkey becomes Bush in all of the major issues concerning the United States, he'll take his place as the president of America, appointing all of his monkey friends to Congress and the Supreme Court.

So I guess there's nothing left to do — except enjoy a deliciously refreshing Pepsi and wait for mankind's reign on Earth to come to an end.

Let me be the first to pledge my undying allegiance to our new monkey ruler, Mr. Chuckles. I know you'll do a great job with the planet especially if the movies your fellow monkeys have been writing in Hollywood for the last 20 years are any indication.
Measuring the rest of the MAC

How the East division stacks up against UCF

Randall Soskey will need to be pinpoint accurate. If the running game is what the Bulls are going to emphasize, then the defense is going to have to step up to stop the Knights' everything. The loss of Rashad Anderson hurts UCF's defensive line, but it doesn't kill it. The Bulls and running back Aaron Leeper will have to pound away with everything they have if they want to stand a chance against any MAC teams this season.

The Bulls are returning most of the defense from 2002, but that defense gave up an average of 147 points per game last year, officially making them one of the worst teams in the nation.

Nothing about the 2003 season looks promising for the Bulls.

Kent State Golden Flashes

The Flashes are plagued by injury. Quarterback Josh Cribbs carries a team that has talent but can't keep the potential stars healthy. Wide receivers Matt Chancy and Michael Brown haven't proven that they are a competitive tandem. They probably won't be a problem for Omar Lawrence, Todd Hamilton and the rest of UCF's defensive backs.

Running back Bob Bolden has shown he is capable of being the best in MAC competition. His numbers in 2002 were similar to Alex Haynes', numbers, however. Haynes did miss one full game and time in two others. Hendry could be the X-factor in the Zips' offense should he return his 1,000-yard season from last year.

Alex Haynes' defense features only three starting seniors this season. The defensive line could be a threat to UCF's running game, but the secondary won't be able to handle UCF's four-receiver attack.

Buffalo Bulls

The only advantage the Bulls had against the Knights in 2002 was the William-Scox wall of uprights: New York. In November this season the Knights welcome the Bulls to the Citrus Bowl.

The Bulls will try their hardest to establish a running game, but this matchup will be a showdown for UCF's secondary, especially Ashely Higby and Potts Stand. If the Bulls go to the air at all, this game, quarterback Mike Keenan

FROM THE SPORTS DESK

Recruitment continues to look strong for football

While the Knights have been ranked as high as 40th in the nation for their 2004 recruiting class, the work is far from over for Coach Mike Kenney and his staff. UCF already has signed premium-hospital quarterback Steven Moffett and wide receiver Chris Harris/on.

The Knights don't have to look far; another highly touted quarterback comes right out of nearby University High School. Kyle Israel has been the starting quarterback for the Cougars for the past two years and has put up very impressive numbers:

Ashley Burns

STAFF WRITER

By now UCF's losses from the 2002 football team have become obvious, even as the replacement players have shown their ability to fill the holes. Yet with all this talk about the Knights' concerns, many have overlooked the challenges faced by UCF's conference foes.

The Knights are expected by many critics to dominate the MAC this year. With Miami University's defense lacking any real depth and Marshall's whole squad dealing with the inexperienced of youth, the MAC East is up for grabs.

Mike Keenan

How the East division stacks up against UCF

Marshall has two problems this season. The first is the running game. Franklin Wallace is not a top-level running back. He is stuck on a pass-heavy team, propped up by his low total of 104 yards last season. Wallace split carries with Brandon Curry last season, giving him a distinct disadvantage in experience. This team can not handle the transition to a run-friendly team, nor will it surprise any of its opponents.

Marshall's other drawback is its defense. UCF has more depth at running back than the team has ever seen. While Alex Haynes might not be a power rusher, he has speed and size. Donovin Wilson and Keith Williams aren't much bigger but they are just as fast and elusive as Haynes. Marshall won't be able to handle a consistent attack of Haynes and fullback Scott Gandloupe. If Copas and Marshall end up being the receivers they are expected to be, then the Herd doesn't have anyone will experience to stop the speed and height of UCF's air attack.

Miami Redhawks

Most analysts are praising Miami's Ben Roethlisberger as the best quarterback in the MAC. If Miami's performance against UCF in 2002 is any indication of 2003, then the Herd is bound to see one of the best quarterbacks in the nation.

Roethlisberger is only a junior. He showed his inexperience last season when he handled against the Knights and Notre Dame. However, Miami might be the team for UCF to lose. Without Jenkins, the Knights need someone to step up in the past rush. Miami's offensive line is returning three seniors and two backs up left tackles. The Redhawks' quarterback should have more than enough time to make solid decisions in the pocket.

The Knights' secondary will need to keep a close eye on Miami receiver Andre Henderson, who should be ready to step up as a playmaker. If he has developed into the receiver he is supposed to be, then fellow receiver Mike Larkin should have an easier time.

Running back Leke Clemen barely had a 1,000-yard season in 2002. Much like Marshall, Miami is a pass-heavy team and won't feel too many teams by trying to switch it. Clemen and the receivers also have a new home-field challenge to get used to. They have done away with natural turf and have moved on to a synthetic alternative.
Marshall and Miami offer main competition for UCF

FROM PAGE 12

Miami's defense grew up 27.1 points per game in 2002. This includes their shutout of Buffalo. The offensive line is too weak and inexperienced to handle UCF's passing game. Gardner and Fryzel found open routes too many times last season against Miami. The Redhawks might score more points this year, but they will not be able to stop UCF's high-energy offense.

Ohio Bobcats
Ohio University doesn't have much to look forward to this season. The success of the MAC in high-powered passing attacks Ohio has a good quarterback in Fred Ray, but he has no targets. The projected starters have made catches between them from the 2002 season.

This is a running team. Ray is a good running back, but he won't exactly fool anyone with his wide receivers providing nothing for him. The Bobcats' most likely will use a three-pronged running attack involving halfbacks Ray Hudson and Staffari Owens, as well as fullback David Young.

Football squad takes aim at top prospects

FROM PAGE 12

but has shown interest in Florida State as well.

UCF has been friendly in the past to a number of junior college transfers. The Knights hope that with the recruitment of wide receiver Anthony Brown from Mississippi Delta Community College. The 6-foot-4-inch wideout hasn't received any scholarship offers, but he continues to improve with his big frame and quick speed. He has listed UCF as one of his favorites along with Arkansas, Florida, Louisiana Tech, Mississippi, Mississippi State and Tennessee.

UCF is looking to tap the local talent pool for yet another Orlando wide receiver. 6-foot-3 R.J. Sumrall has garnered interest from schools including Southern Miss, Alabama, Michigan State, Mississippi and South Florida. The Winter Park High School standout has posted speeds as low as 4.65 seconds in his 40-yard dash.

In order to protect these future offensive stars, UCF is going after some of the finest young defensive linemen in the nation. Michael Brown (Winter Park High School, Atlanta), Steve Council (Tallahassee High School, Plainfield, N.J.), Jesse Miller (Somerville High School, Somerville, N.J.) and Elbert Shumake (Mississippi Gulf Coast Community College).

Earning probably the most interest is 305-pound Mobile, Alabama native Jonathan Lyons. The swift lineman continues to be wooed by UCF — which he's named as one of his top schools — but also Florida State, Clemson, Marshall, LSU and Mississippi State.

Highlighting the defensive interest is junior college linebacker Barry Wright, who plays for Coffeyville Community College in Kansas. The defensive back has received interest from FSU, Florida, Alabama, Clemson, South Carolina and UCF.

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Exercise on a tight schedule

How some students exercise without a trip to the gym

TRINA PRIORE
STAFF WRITER

Senior Tiffany Pryor sits behind a desk for eight hours a day at her advertising internship. Without the extra time to spare at the gym, Pryor, 24, has created creative exercise routines to keep her body active.

"Days when my movement is limited, I use different breathing techniques that I learned from my pilates instructor," she said. When I exhale, I imagine pulling my belly button close to my spine. By the end of the day, my abs are sore.

For many UCF students, finding time to exercise during the day is a challenge in itself. Even the Recreation and Wellness Center seems miles away to students who have to balance academics and jobs while still trying to maintain a social life.

An Ohio State University study revealed that 52 percent of students surveyed were physically inactive or exercised irregularly.

But, breaking a sweat doesn’t need to be another stressful factor in students’ lives. Although three workouts a week are ideal, another option to help stay active is to exercise while going about everyday activities.

“I have heard cases of students exercising while showering,” said Geoff Moser, a personal trainer at the Recreation and Wellness Center. “They have to be

Students make money, save lives

Donating honey-colored plasma makes students extra cash

Natalie Rodriguez
STAFF WRITER

Eric Hibbard sat on a dark green leather sofa in the waiting room of DCI Biologics, filling out the required medical history form.

The 19-year-old sophomore decided to become a blood donor after his girlfriend saw an advertisement for a new donation center that pays donors cash in exchange for their plasma.

DCI Biologics of Orlando opened its Plasma Center the first week of May hoping to find high quality donors as a source of help to individuals in desperate need of plasma.

The No. 1 benefit of donating plasma is saving people’s lives, said Heath Faulkner, the center’s director.

“There is always a demand for it, he added.

While past plasma centers have had a bad reputation, Faulkner said, because their locations in poor areas of town mostly attracted the homeless, companies are now targeting college campuses because "college students tend to be healthier."

Attracting healthy donors with monetary benefits, students who donate twice a week could receive more than $150 a month.

You’re helping out and receiving money,” said Hibbard, who plans to become a regular plasma donor.

Since its opening eight weeks ago, half of the donors have been UCF students, Faulkner said.

A honey-colored liquid, plasma makes up about 55 percent of the volume of blood and contains proteins, fats and carbohydrates. It, along with red blood cells, white blood cells and platelets, make up the contents of human blood.

“Of the plasma that is drawn from here is used to make medication for various traumas, such as burns, hepatitis, HIV, transfusions of plasma protein levels and a urine sample. The collection of plasma is a process known as plasmapheresis.

On-the-go exercise tips for busy college students

Take stairs instead of an elevator.

Balance on one leg while waiting in line or on an elevator.

The quadriceps, hamstrings and supporting muscles work harder when lifting twice the weight.

Tuck in your abdominal muscles every time you hit the brakes of a car. Hold the contraction until you resume moving.

Place reminder post-it notes on your mirror, desk or computer monitor.

Shoulders back! Good posture will reduce back pain and stress and take pressure off your neck.

Get in and out of chairs as slowly as possible, without using your hands if possible. Try to keep abs tucked, shoulders back, and glutes under by slight forward pelvis tilt.

Please see Self on 15

Tuesday, July 15

Juxtaposed and stripped bare

Eric Hibbard’s road to becoming a blood donor was the opposite of a student’s most recent university battle against finals — his personal album included. Hibbard, a business major at UCF, spent his time leading up to the May 5 test by focusing on his favorite band, Twenty One Pilots. Today, his album sat on a shelf at the Bloodworks Plasma Center, ready to be played by any donor who was interested.

Wednesday, July 16

Ice hockey’s tech meets plasma science

Eric Hibbardan’s brother Bryce is a student at Bryant University, where he is a part of the ice hockey team. For his brother, plasma collection is a dream come true.

8 Days a week

Highlights of the cultural calendar

Linnea Brown
STAFF WRITER

Wednesday, July 9

The 77s at Stargazers Left from a Rolling Stones concert, a man with a beard improved and the 77s (aka "77 Pavilion") quickly emerged as the most anticipated musical venue. Doors open at 7 p.m. and end at 11 p.m. at 4733 W. Palmetto Blvd., 407-672-9090.

Thursday, July 10

United, we eject

Every Tuesday makes its "10th Street" and Market Place's "United", on all new releases of the band that is located in the historic former building. Check out the Penthouse for "True Round the Clock" an indoor all night family-friendly bar. 305 Broad St. 407-477-0074.

Friday, July 11

Trifludene at ULC

Garage and band Machado, whom sound comes from the north to lead edge. Latin-fusion rock, perform a free show at Lake Eola’s Bear and Bull in Celebration. Show starts at 4 p.m. 407-874-6134.

Saturday, July 12

Apes on Waddell Resort

open house

in celebration of the 25th National Nude Recreation Week. Opened Waddell Resort in Kissimmee hosts their annual open house event from 11 a.m. to 7 p.m. Resort staff will be dolled up along with live entertainment by residence Shirley Will and a special appearance by Tracy of PVRD - Phillips Variety Radio. Contact: 442-1621, Waddell Resort Free: 909-555-3389.

Sunday, July 13

Mental Summer: Skyrockets in 2003

Many rock revival artists, sponsored by Carl King, Laser Park, Orlando and the Horizons team in Orlando. Noon open to 7 p.m. on the Orlando City Osprey Stadium, 2001 E. Osceola Blvd., Kissimmee, Free: 909-555-5555.

Monday, July 14

Orlando Energy Dance Display

A 9/22 square meter platform from environmental friendly materials and blue screen is up to view the public daily from 3 p.m. to midnight from 3 p.m. to 3 a.m. through December 21/71. skate park, 407-849-0200.

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Wednesday, July 16

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Photo credit: KRT & AP Images / CFF, Photo illustration by Christopher Abernathy / CFF

Photo credit KEV & Adil Meyer / CFF, Photo illustration by Christopher Abernathy / CFF
Self-conscious students skip the gym, choose to work out at home

FROM PAGE 14

in there anyway, so they just make up some leg lifts or stretching exercises at the same time.

He added that many students who avoid the gym usually feel intimidated or self-conscious and seek out exercise videos or magazines with a fitness plan to stay in shape privately.

"I don't like being around too many people when I'm trying to work out," freshman Jordann Geffard, 18, said. "I am afraid of criticism and people thinking that I'm too weak."

Fortunately for students like Geffard, there are several effortless habits to adopt that can give the body a healthier advantage.

According to a recent "Marie Claire Health & Fitness" article, variety is imperative when trying to stay in shape. Keep the body guessing so it won't adapt and eventually stop burning as many calories. If swimming or jogging were yesterday's activities, try walking or laughing more today. Also, don't slouch. Shrumping over inhibits oxygen intake and slows the fat burning process.

A recent UCF graduate, Moore, 24, has worked as a certified personal trainer for the past four years. It's been proven, he said, that students motivated enough to make time for regular gym appointments are more productive inside and outside of the classroom.

Sophomore Ryan Mackiewicz agrees that time management plays a key role in a student's success rate.

"When you work out regularly and learn to set it around your party schedule and school time, it keeps you focused," the 19-year-old said.

Some students still opt to fuse their free time with exercise, regardless of visits to the gym.

Keith Harris, 21, positioned his exercise equipment in his room so that he could do pull-ups while watching television. The senior said he rather do that than sit and watch the commercials.

When you work out regularly and learn to set it around your party schedule and school time, it keeps you focused.

—RYAN MACKIEWICZ

Sophomore

Another innovative way to kill time while stuck on hold is calf raises, according to a recent fitness tip from "Glamour." Hold for two counts and repeat ten times.

A different simple sculpting move "Glamour" provided is squats. Position feet flat on the ground with toes forward, bend knees and then slowly lower the butt until it's almost parallel to the floor. Hold for two counts.

Everyday household chores could show results on the body. If students vacuum, scrub floors or wash windows with extra effort, their positive efforts are seen, according to the Web site timeforfitness.com.

Sometimes have been so busy that I do two or three things at once to save time," junior Jamie Irwin, 20, said. "When I'm cleaning up the apartment - like putting stuff away or doing dishes - I try to tighten limbs and squeeze the muscles to get a little work out."

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Elisa Hurtado is among those who have sold plasma as a way to make extra cash. The plasma center also gives donors medical exams.

Plasma donors given free annual physical exams

FROM PAGE 14

Blood is taken from a vein in the arm and filters to a bowl, where the plasma is separated from the rest of the blood. The process is repeated about four to six times, and the amount of plasma extracted depends on the weight of the donor.

A person will not contract HIV from donating plasma, center employees said, explaining that the donation is made in a highly controlled, sterile environment by professionally trained staff.

"It really doesn't hurt," said UCF graduate Ian Taylor, who works as a phlebotomist at the plasma center. "It's just like a piercing, a little pinch."

Center employees suggest that donors follow a few guidelines before volunteering their blood.

The donor should drink plenty of water, eat a substantial meal and refrain from taking over-the-counter medications. After donating, it is beneficial to drink plenty of fluids, excluding alcohol and caffeine, and rest for a couple of hours.

The body replaces its plasma usually within 24 to 48 hours if the donor maintains a healthy diet with an adequate amount of fluids.

Junior Jeanette Pierre has been a regular plasma donor since the beginning of June. She returns each week because of the friendly environment at the center. People are really, really nice that work here," the 21-year-old said. "They make you feel comfortable."

Along with cash, donors get a free annual health screening and an assessment of blood pressure, protein and iron levels at each donation.

A donor is paid $90 for the first four donations, and then the donor may earn up to $165 a month by giving plasma regularly. Everytime a friend donates, an extra $5 is given for recommending the center to others.

"It's a part time job on your own terms," Faulkner said. Junior Lauren Watanabe, 20, who is a receptionist at the center, recommends donating plasma to college students because "they seem to do the best and they also need the money the most."

"If you're able to give blood in one of the buses outside of the Union," said Pierre, "then why wouldn't you give plasma and get paid for it?"
"Thoughts of individuality" and to enhance their self-esteem. Unfortunately, half of those tattooed regretted their decision.

Some of the major health issues that you need to consider are transmission of infections diseases due to poor hygienic measures, allergic reaction to the dyes and inflammation of the skin from the dyes.

Listed below are some important concerns and questions that I think you should address before getting a tattoo:

1. Think seriously about your decision.
2. Consider how others will feel about your tattoo—friends, family, employers.
3. Don't get a tattoo while under the influence of drugs or alcohol.
4. Talk to others about their experiences with tattoos.
5. Contact your local health department and ask about local and state regulations that apply to tattoo parlors.
6. Make sure the tattoo parlor chooses is in compliance with regulations.
7. Talk to the tattoo artist and have him review the sterilization procedure, costs, technique he will use, and discomfort and bleeding involved.
8. Have a preconceived idea of what design you want and ask to see a sample.
9. Look for the following decals. They may demonstrate some degree of credibility.
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