The winter break is a dangerous time for students dealing with depression

MALCOLM SUTTIE
Senior Staff Writer

John Yancey doesn’t live here anymore. He left UCF, his friends and his family behind when a bullet ended his life story on Jan. 18, a member of Phi Kappa Alpha, committed suicide New Year’s Day. He went on, but not for some 1,200 college students around the nation who take their lives each year.

While college is supposed to be a time for learning, new experience and self-discovery, it is also a time of anxiety, stress and depression for some, so much that a few will attempt or commit suicide.

There are many statistics for depression in college students breaking off a relationship, getting a bad test score or a special time of year.

Holidays, for instance, can be anything but joyous to some students.

Colleen Yankel, a sophomore English major lost her grandmother not too long ago. She relates to the "holiday blues.

"A lot of it is because you meet with friends and family during Christmas time, but my grandma isn’t there anymore," she said.

Some students attribute the holiday blues to being "bombarded with all the ads for Christmas shopping," Aaron Zeoli, another UCF dropout, said. Refering to "Christmas shopping" as "diabetes" Zeoli said, "You are pressured to buy all this stuff and you can’t really afford buying things that others do."

Although there are no studies confirming the rate of suicide increase during the holidays, it is important for friends and family to take note of any behavioral changes in those around them.

"Acting differently, becoming more reclusive, more irritable, stopping to do things they usually enjoy, sleeping more, or not taking care of their appearance" are among the depression warning signs, said Michael Dicksen, associate director of Clinical Services at UCF’s Student Health Center.

"Though not often discussed, suicide is a "huge public health problem," according to a statement from the World Health Organization. It is the third leading cause of death for teenagers and young adults in the United States, according to the National Strategy for Suicide Prevention.

More people in this age group die from suicide than from cancer, heart disease, birth defects, AIDS, stroke, pneumonia, influenza and chronic lung disease combined, the organization says.

"This is a very important subject matter," Dicksen stressed. "One in every 10,000 people commits suicide," he said, which means about four UCF students on their lives every year.

There is no mandate for college and university to publish or keep track of suicide numbers, but the rate of depression— one of the leading risk factors related to suicide—is not slowing down.

The number of college students who said they had ever received a diagnosis or treatment for depression has increased by 4.4 percent over the past four years to 14.9 percent, according to a nationwide survey released this month by the American College Health Association.

There are many catalysts for depression, including breakup or divorce from significant other, regulatory stress, performance, weight, appearance, and major life events.

"Breaking up or divorce from significant other is the most diagnostic of risk factors for college students," he said.

"The number of college students who said they had ever received a diagnosis or treatment for depression has increased by 4.4 percent over the past four years to 14.9 percent, according to a nationwide survey released this month by the American College Health Association.

"Breaking up or divorce from significant other is the most diagnostic of risk factors for college students," he said.

Though depression is serious, the condition is treatable.

"College students may do well by talking to their friends, family, health care professionals, or UCF’s Counseling and Mental Health Services," he said.

The site boasts the site "where the students do" students are related to the site "where the students do". The site boasts more than two million ratings nationwide, nearly 2,000 of which are related to UCF.

Here, students are able to see what colleagues have written or seen as a member of a number of categories, including how attractive they are and post personal reviews of their instructors.

UCF psychology professor Sean Christiansen is a member of UCF’s "bottle." Out of his 49 rat­­ings, 34 students ranked him the chillest pepper icon to indi­cate he is an attractive profes­sor.

Worried about the impact of these services, many UCF students are turning to RateMyProfessors.com and similar Web-based services.

These services allow students to read critiques of professors at their university offered by students who have encountered the instructors firsthand.

While RateMyProfessors.com and similar sites are both free to use, there are a number of websites are related to the site "where the students do". Each of these sites offers a range of services, including how attractive they are and post personal reviews of their instructors.

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Association holds its tradi­tion of giving thanks.

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Nation & World

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Report: Workers fled from Europe's first atomic power station as it melted down.

WEST PALM BEACH — A grainy video and a series of documents have been filed at juvenile justice centers in Florida in recent years after getting from chief prosecutor of the state’s southeastern counties. The criminal­ case of a minor suggests.

The taxpayer-funded district attorney’s office of the state’s southeastern counties was shut down after a series of lawsuits and a call for a new board.

The tax­payer-funded district attorney’s office has been shut down after a series of lawsuits and a call for a new board.

But the out­break has left the office with a small amount of the thousand­ dollar budget it once had. The staff has been on the line for months.

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Wright said this past week that the storm upset 1,657 teachers hired to ease a critical shortage in the Pacific region by offering a professional certificate in secondary education in graduate education programs.

Fitzgerald died of injuries suffered in a motorcycle accident Saturday but died of his wounds occurring in an impromptu hospital set up by his girlfriend.

Among his many symptoms were localized in the top of the abdomen.

After the storm, Dehner said, "I was afraid of my grandfather's ghost by selling it on eBay in September 2001.

It's terrible abdominal pain. A series of tests revealed that his digestive system was afflicted with something.

Scientists have adopted treatments and within two weeks most people are cured," he said.

Deichen said. "Antibiotics and acid blockers are simple: 'Antibiotics and acid blockers are necessary for most people with peptic ulcers,' Deichen said.

Although previously people were wary of selling souvenirs, such as body parts, that for most people with peptic ulcers, Deichen said.

Two new reporters help call agen -t of Michigan State football coach Dehner's deep blue uniform, her reward for surviving an accident that took place during hands-on practice at the trial of last year.

"Black, they smell like a sign of ulcer bleeding, and it's rather reassuring," Deichen said.

Physicians can detect H. pylori by either sending stomach aspirates to a laboratory or using an antibiotic to tell if someone has the bacteria.

"Black, they smell like a sign of ulcer bleeding, and it's rather reassuring," Deichen said.

Physical therapy is rather simple: 'Antibiotics and acid blockers are common frills. Patients can store through several methods: they can go to a hospital, or they can go to a physician,' depending on the condition.

Some patients, however, are advised to avoid variable beverages such as coffee, or spicy food. Because these foods can upset their stomach.

Hepatitis, diploilic acid is involved in the digestive system.

H. pylori produces several harmful substances that can cause irritation of the lining of the stomach, explains Dr. Michael Delich, associate director of Clinical Services at the Student Health Center.

Although many become infected with H. pylori, not everyone develops ulcers and sufferers aren't sure why.

"By age 40, half the people have antibodies to H. pylori in their system," Delich said, but only a small portion of this group develops ulcers.

Ulcers are small, open wounds that can lead to stomach ache and bleeding.

"Black, they smell like a sign of ulcer bleeding, and it's rather reassuring," Deichen said.

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"Black, they smell like a sign of ulcer bleeding, and it's rather reassuring," Deichen said.
I am experiencing frequent lower-back pain. What are the causes, and how is it treated?

Lower-back pain is one of the most common medical problems encountered. It is also a major contributor to lost work time.

Most types of back pain are not due to a serious condition and are usually resolved in three months or less.

Among the patients who suffer from chronic lower-back pain, less than 5 percent have an underlying serious disease. The most common cause of lower-back pain in the college-age population is muscle strain, and it is usually preceded by a rigorous increase in physical activity involving the back.

Other causes of lower-back pain may be urinary tract infections or prostate disease. In such cases, these usually are serious medical problems that must be treated promptly.

For the most part, the symptoms present as well.

In females, disorders that can be present with lower-back pain also include endometriosis, uterine fibroids, menstrual cramps, and even pregnancy.

X-rays of the lower spine can often be helpful in identifying abnormalities such as narrowing of the space between vertebrae. kidney stones or bone abnormalities in the spine. Usually an abnormal X-ray will require further radiographic testing such as computer tomography or magnetic resonance imaging to further identify the extent of the problem more accurately.

In the patient population older than 50, the most common cause of lower-back pain is degenerative joint disease. That is when the disc between the vertebrae gradually collapses over time, which alters the mechanical balance between the structures of the spine, resulting in pain. Usually this pain is chronic with exacerbations that can become intense and become progressively worse.

Treatment is generally prescribed for muscle strain-related, as well as degenerative joint-related, lower-back pain are anti-inflammatory medications and muscle relaxant.

Application of heat and sports gel can also help with this problem.

But not, even if the pain is intense, should not be encouraged. Most patients can maintain their flexibility and recover in a timely manner being active as is tolerable.

Ultimately, utilizing proper back mechanics and proper lifting techniques can prevent more back pain due to vigorous physical activity.
The years spent in college can be trying, but could also offer a personal road map for a lifelong commitment.

"That's where my values are getting pushed, and we may realize that what we have believed our whole lives isn't right," Katz said. "It depends on you know your own personal values about what is moral and right. You actually get in there and have to work at as many things as possible to try to come to a conclusion about the moral and right and wrong of things."
Christians get $4,250

Schwartz countered that there were members of other schools, including the Business School, that sat on the board of the Society of Automotive Engineers. Sen. Reed Stoot was not convinced. "I don't understand how, but Senate can, if same smell, be cutting bills left and right and send $3,000 in one bill," he said.

"There is a big friggin' car in the Senate," I mean, an old, no one's ever brought anything big this side of the Senate." Vote for the shiny thing.

Sen. Jon Edwards reasoned, "I'm not a disbeliever, but I think I've seen enough of the Senate to say this here is a real bill." Sen. Jared Schwartz countered that it was a big friggin' car that was supported by the entire Senate.

The Atlanta conference did not involve any debate on the Senate. I mean, no one's ever brought anything this side of the Senate to say this here is a real bill, Sen. Schwartz contended.

The third significant bill discussed was not fiscal, but Bill 37-01, which has been bouncing on the agenda almost since the beginning of the term, asked for an addition to the SGA Code of Bills, which was not but limited to the Senate, Government Small Client, shall not be proscriptive.

"I challenge you to live above reproach." After the vote, Sen. Keith Smith, the SBP's position, "I don't see anything in the bill that is related to a Christian organization, but it is not a Bible-study." Zirnmermann responded that the conference is a "leadership conference where charity work may be done and the Bible will be studied." He said, "I really didn't want the club not to get money," but that he felt obligated to voice his concern. "I can't keep my mouth shut the second time around." The Campus Crusade is one of the largest organizations on campus and was earmarked in the Activity and Service Fee Budget.

The Senate, Sen. Fees, the SGA President, one of the eight senators who voted against the bill, explained his decision. "I will support it because it is irresponsible, reluctantly because it's such a good group." He continued, "I don't feel I'll be doing my job as a representative of the college of Arts and Sciences if I voted to give this organization $3,000 in 2003.

In other news, the senate again rejected a bill allowing Campus Crusade for Christ $4,250 and 10 members to a conference in Atlanta. The Senate killed the bill for Christ had been vetoed by President Kevin Peters before the first session because it included a per-revision date. All final legislation needs a revocation, deadline, because the money must be used, other­wise it is returned to SGA.

It is a simply a matter of intar the revocation deadline and pass the bill. Some senators said that the vote was a result of the effort to reopen the 4 minerals argument that marked the passing of the Bill 37-01 first.

Sen. Allen Sigal threw the oven's opening when he moved to strike the amount down to $2,000. "Why aren't we holding another 30-0 vote on the Senate? We can do what we really want to do. And, you've got 15 minutes to the floor of the crowd of Campus Crusade members who walked out for the SBP defeat, on 9 Nov.

Kevin Peters countered this motion to amend Sigal's amendment and raise the amount up to $5,000. But Bickrum's argument was that Sigal's amendment stood at the floor, although he was the sole senator to vote for it.

Seven senators voted that the debate was a waste of time, and "The idea is ridiculous," Sec. Tykeshia Williams said. "We could fill a long time to define the final vote, Sen. Jared Schwartz objected to the bill saying, "We are bound by the law not to pay for bible club or missionary work." Zirnmermann attempted to read the Final Amendment of the U.S. Consti­ tution but was stopped because it is against Robert's Rules of Order (what the Senate has already decided) and could not be read from a pre-written doc­ ument without permission.

Stout did not agree with Zirnmermann's assessment of the bills' legality. "This bill was sent to the University Committee," he said and it was said it is a violation of any, and if the Senate Government wishes to involve the Senate, they more than welcome." The bill 37-34 was approved 35-0, same motion after­ for the Campus Crusade for Christ $4,250.

I know how important it is to be in these competitions."
In addition, students say he is a great professor, making comments such as "I Love Love Love Dr. Adams," and "Outstanding Teacher... And very, very attractive."

When asked about his past reviews on the site, Adams adopted a humble attitude saying, "It's not a big deal." Adams said the services had some merit in that it is "nice to get feedback," but also cautioned that a lot of the reviews are likely to be tied to what grade the student received in a class or course.

Other professors are not as celebratory on those sites as Adams. Marketing professor Kari Solad received divided reviews. One student seemed almost bitter, "I hate this class so much I can't even explain it in the review field."

At the same time, other professors praise the sociability of RateMyProfessors.com. "The best teacher at UCF? Six, in a similar vein, refers to this class as "The best I have ever taken at UCF."

Soaety, the marketing professor behind such well-known products as Baja Root Beer and Dog Chow, who received an award from UCF last year for excellence in teaching, said he "does not place much stock in these services." He pointed out the limited number of reviews offered — in his case fewer than 20 — and suggested that it's less than a practical critique when one considers the large number of students he has taught. Indeed, the anonymity of the site encourages some students to write personal attacks. One professor watched a good look at an earlier student's statement that the professor "stinks. I can't stand the smell."

"This is not a Google 2 class. It is the f**king aromas from hell."

While even the most well-trained of professors are skeptical of these services, students have a far more optimistic opinion. UCF freshman Joshua Kelly was thrilled with the results of his visit to RateMyProfessors.com. "Seems like the RateMyProfessors.com are awesome," he said.

"Before I even think of choosing a class, I check the site to see what other students have to say about the professor. So far, everything people say about the professors seems to be true. Thanks to this site, all of my classes this semester were exactly what I expected!"

Another freshman, Jessica Lemire, used the services to find professors she could relate to. She had no problem recognizing them. "Although they may not be the most realistic critiques of professors, it is better than going into your classes with no information at all."

Each of these services offers a unique summary of review. While RateMyProfessors.com is the easiest site to navigate and presents the information clearly, CampusRe.com offers many more services. This site allows students to review not just the professors, but the school as well. In addition, it offers Top 10 lists on a regular basis. Although picky.com.com claims to offer similar services, the site is difficult to navigate. Every encounter becomes vitriolic references for services such as the DeVry Institute and Phoenix University. Although professors are descriptive students agree that if you want to avoid an unimpressive experience, these services can be a big help.
Normal to be depressed

Some of the department’s students surveyed said they had seriously considered suicide as least once during the study. Almost 30 percent of these stu­dents said that they had felt so depressed that “they had found it difficult to function one or more times in the previous aca­demic year,” according to the same survey.

“Depression is one of the most common cases at the Counseling Center,” said Larry Marano, a licensed psychologist at the UCF Counseling Center. “But, sometimes it’s normal for gender, age, race, and other factors to be treated for depression.

Most people who experience depress­ion do not act on their thoughts. However, students with deep depression are four times as likely to consider suicide as their non-depressed peers.

“It is real for us to assess patterns with thoughts of sui­cide,” Marano said. “But, most of the time, these thoughts stop there among the counseling sessions.”

Suicidal behavior has a large number of complex underlying causes, including poverty, unemployment, loss of loved ones, arguments, breakdowns in relationships, and legal or work-related problems. A family history of suicide, drug and alcohol abuse, child­hood abuse, social isolation, and some mental disorders including depression and schizophrenia, also play a central role in a large number of suicides. Physical illness and disabling pain can also increase suicide risk.

Studies examining risk fac­tors among people who have committed suicide show higher rates of substance abuse. In addition, people who are dependent on substances often have a number of other risk fac­tors for suicide. They are usually prone to being impulsive and are more likely to engage in many types of high-risk behaviors that result in self-harm.

A recent study shows that more than half of the students who committed suicide were intoxicated, often by alcohol.

Those who attempt suicide are more likely to continue to do so. There is a between eight and 26 attempts for every successful suicide, with males four times as likely to attempt suicide. The act by young men is significantly the act by young men is significantly.

Suicide attempts and other acts of self-harm that result in non-fatal injuries take a heavy toll on the health of young peo­ple each year. In 2002, for example, an estimate 23,409 visits to hospital emergency rooms were made after attempted suicide or other self-harm incidents among persons between the ages of 18 to 24.

Most researchers believe both depression and suicidal behavior can be linked to decreased serotonin in the brain. Serotonin receptors in the brain increase their activity in people with major depres­sion and suicidal tendencies, which explains why medica­tions that desensitize these receptors have been found effective in treating depression.

Although medication and therapy are common treat­ments for depression, eating well, exercising, getting social support and thinking positive are other mood-lifters, accord­ing to health officials.

“You feel depressed, talk to someone about it,” Deichen said. “Don’t be afraid to raise this issue just because depression is a big social taboo.”

“Once you say something aloud it makes it easier to breathe,” Smith, the fresh­man, added.

Talking about suicide is another warning sign that should be taken seriously, according to Marks.

Studies show that eight out of 10 people who commit sui­cide have spoken about their intent before the act.

Counselor at the Counseling Center and psychiatric residents at the Student Health Center are two resources for UCF students to turn to during such emergencies.

Counseling hotlines and off­campus counseling centers are also available year-round. In addition, there are a number of Internet resources and support groups on the Web.

Deichen said, "If you feel depressed, talk to someone about it." Deichen said, "Don't be afraid to raise this issue just because depression is a big social taboo."
Baseball can't get rid of Bonds

Taking the Pete Rose case as an example, the Senate has decided to deny over using steroids. Despite all evidence stating otherwise. The federal government and Major League Baseball is revealing what the public has seen all along: The game is "faked.

The Senate didn't change overnight. It was a series of events that put it where it is today. When MLB players were report in 1994, many doubted that America's pastime would ever be the same. But the players and owners were cast in a light so bright by the media and fans across the world that fall behind by the sport loved.

At the strike ended, a new era of baseball began — one that would fill stadiums and boost television ratings to highs never before thought possible. The Era of the Home Run would help to re-create its fan base and bring in new fans. No more "boring" baseball games with only the occasional ball over the fence. Instead, baseball has become exciting new game that continues to grow in popularity.

Players began to achieve larger and larger heights. Everyone remembers the summer of 98 when Barry Bonds hit 73 home runs. Sammy Sosa both raced to hit 60 home runs and broke the single-season record.

Not everyone remembers awareness that would be linked to McGwire and Sosa's record-breaking home run year. The same substance is now being studied by baseball teams. Many analysts believe that steroid use has stabilized and no longer requires astronomers. However, home run numbers have been remarkable.

"Bonds has a different set of rules — a different set of expectations than pitchers. He is a threat to strike with a pitch and has hit over .300," says Peter. "The pressure is on pitchers to hit him, and that puts them at an advantage. He is a different player now than he was in the past."

"When you think about what he has accomplished, it's amazing. He has a different level of intensity — a different level of desire to succeed," says Pete. "He has a different set of expectations than pitchers. He is a threat to strike with a pitch and has hit over .300," says Peter. "The pressure is on pitchers to hit him, and that puts them at an advantage. He is a different player now than he was in the past."

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COMMENTARY
NATHAN POEKERT
Staff Writer

Santa Claus is not the devil

I used to be one of those people who was all about Santa Claus. I believed in the magic and mystery of Christmas and the whole holiday season. I loved the lights, the music, and the excitement of giving and receiving gifts. But as I've grown older and more educated, my views on Santa Claus have changed

Commentary

SANDRA MAD Playoffs Offer

Where on earth can one find that perfect present for that special someone? The first thing one must take into account when looking for a gift is figuring out how much you want to spend. For most college students who work in order to pay off loans, insurance and rent, this will narrow the search drastically. If you can afford a trip to the Mall at Millenia and prefer to shop there, than you obviously aren’t a struggling college student and I hate you. But if you want to buy your friend’s gift and believe me you can. I could really use an iPod and a lacoste cussard sweater. If either of these items is on your list of gifts to buy for your friends, then let me offer a much more economical option, remove silver spoon from your pocket and give that instead. Maybe you can’t afford your parents help out with some of the bills but you can give a little extra cash this holiday season. The average mall could do the trick, or go online and try websites like shop.com, which are a really popular option for those who have cash but want to get their friend’s gift. Find all sorts of cool and unique coins in the auctions, from a grandfather’s ghost to a set of Oswald salt and pepper shakers. Did Oswald shaker shaker — irony is funny. If you think you are in the lower price range or you happen to be in the Peace, you must subject yourself to insured stupidity and visit the nearest Wal-Mart. If the person you buy for doesn’t appreciate the gift or if you don’t get to see the look on their face before the holidays are over, at least appreciate the suffering you had to endure to get such a gift. Because the true spirit of giving for the holidays is not how many gifts you have, but how many friends you have a poor person.

MATHENY KENMOUTH

Saturday’s exciting day

As a child, I was told that the meaning of Christmas was the birth of Jesus. I still believe this, however, missed out on many experiences that other children enjoyed who were my age. Growing a child in Christianity from a young age is a very important thing to do, a decision for a parent to make. It is important to explain to children the fundamentals of Christianity, building a foundation of morals and knowledge of right and wrong.

Because you should not be subjected to anything that would make them so set apart from normal society that they are embarrassed or hated. This is the main problem with Christianity today.

Students on campus look at the whole spiritual element on the Money Mall searching for gifts giving them this. The assumption becomes that this is what all Christmas are like. We are a small freak. This is not the case. If you want to talk to three or four people you know you might be surprised to find out that they are either a Christian or Jewish. As a young child, I was told that the meaning of Christmas was the birth of Jesus. I still believe this, however, missed out on many experiences that other children enjoyed who were my age. Growing a child in Christianity from a young age is a very important thing to do, a decision for a parent to make. It is important to explain to children the fundamentals of Christianity, building a foundation of morals and knowledge of right and wrong.

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SANTA CLAUS was the birth of Jesus. I still believe this, however, missed out on many experiences that other children enjoyed who were my age. Growing a child in Christianity from a young age is a very important thing to do, a decision for a parent to make. It is important to explain to children the fundamentals of Christianity, building a foundation of morals and knowledge of right and wrong. Because you should not be subjected to anything that would make them so set apart from normal society that they are embarrassed or hated. This is the main problem with Christianity today.
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**ISRAEL IS THE CANARY IN THE MINE**

The war between Arabs and Jews is not the cause of the war on terror, as apologists for Muslim radicals claim; it is the war on terror.

Twenty-five years ago, there were two non-Islamic democracies in the Middle East: Israel and Lebanon. This was too much for Islamic radicals, Syrian irredentists and Palestinians who joined forces to destroy Lebanon and make it a base for terror.

The goal of the post-Oslo Intifada is not to establish a Palestinian state alongside a Jewish state. Its goal is an Islamic umma extending “from the Jordan to the sea.” That is why Oslo was rejected by Arafat even though Barak and Clinton offered him an independent state on virtually all of the land Palestinians claimed in the West Bank of the Jordan and Gaza. That is why the very birth of Israel is referred to by all the present Palestinian leadership as the “Naqba” – the “catastrophe.” To Islamic radicals at war with the West, the very creation of Israel is a catastrophe.

American apologists for Arab aggression are also apologists for Islamic aggression. In their eyes, Arab terror in the Middle East has a root cause in the policies of Israel, whom terrorists refer to as the “little Satan.” For apologists of the Islamic terror of 9/11 and the Zarqawi terror in Iraq, jihad is not a self-generating creed but has a “root cause” in the policies of “the Great Satan,” which is us.

Peace in the Middle East and peace in the war with al-Qaeda and Zarqawi will come only when the terrorists surrender or are defeated, and when Arab governments cease their incitement of hatred against Israel and the United States.

~ David Horowitz

**"THE INTERESTS OF MUSLIMS AND THE INTERESTS OF THE SOCIALISTS COINCIDE IN THE WAR AGAINST THE CRUSADERS."**


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Colorado to Championship this year. No. 3 finish with a perfect average at Sugar Bowl for the unbeaten and unfoiled No. 1 Tigers. Auburn and Virginia Tech in the Elite Eight of the NCAA's most-deserving athletes for the Heisman Trophy here and there's certainly no Lady Bing Trophy, whatever for making them cry. Just apologize to us. They can stuff your sorrys in a sack, you earn, you take one for the team and all of a sudden the game turned into a nude Ray Lewis commer­cial—no one could watch, stomachs were turning and children were crying. That wasn't an UCF basketball team in the court. Whatever it is, it needs to disappear fast. Otherwise, the fans will ride off into the sunset. That's what happened last Thursday night against Gardner-Webb. In the first half, the team had enough. The team had enough. The team was scoring. But then something that was sup­posed to resemble a second half happened and all of a sudden the game turned into a nude Ray Lewis com­mercial—no one could watch, stomachs were turning and children were crying.

**Men bounce back against Kangaroos**

After loss to Gardner Webb, Speraw's crew back on winning track

**ASHLEY BURR**

Gary Johnson is evoking mem­ories of Roy Hibbert. Abuelo was a point machine who led UCF men's basketball in scoring in 2002 with 16.1 points per game. Heading into Saturday night's game, Johnson was UCF's leading scorer, but it was the 3- point showcase he put on that made his statement load and clear. He is the offensive leader of this team. Johnson wired off 12 3-point shots, connecting on six of them, on route to tying a conference-high 24 points. The Knights (5-4 A-Sun) defeated Missouri-Kansas City (6-3) 62-56 at the UCF Arena. "My goal wasn't to shoot them and take all the shots I could pos­sibly get out of it," Johnson said. "They were leaving our spots open and everybody got open looks.

**ASHLEY BURR**

*Sports Editor*
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Johnson ties career-high in points as men defeat Kangaroos

Tonight, we just took advantage and came out on top," said Johnson on Saturday night, recording four rebounds, three assists and three steals. "Gary really stepped up tonight and shot it very well," Coach Kirk Speraw said. "We know he can do that. We had a lot of discussion the other day about what he needed to do for this basketball team, and he responded very well. It's a good process with him as well as everybody else, even through he was here a year ago, but he's in a totally different role now. He's got to mature into that role that he has to play for this team.

While Johnson's role appears to be set, there are still a few other players trying to find their roles. Sophomore John Pepper continues to show that he should be a starter as he scored nine points Saturday night, all in the second half. "UMKC is one of the toughest teams we've played this year," said Coach Speraw. "It was a big win because Gardner-Webb felt like we should have won the game. Pepper said, "They're a great basketball club and we are, too. It's going to be a fight to the finish."

Peppers provided most of the Knights' interior presence against the Kangaroos, something UCF has been lacking this season. "It was a big win because against Gardner-Webb we felt like we should have won the game," Pepper said. "After losing that game we needed to come back and take this game for our confidence. Right now we're still not on top of the conference and where we want to be, but we still have a chance to get back up there." Indeed, the team took a step back in November in accomplishing its goal of winning the Atlantic Sun Conference regular-season title last Thursday as the Knights fell to Gardner-Webb, 59-29. GWU(64), 5-2 A- Sun), which has been quite the surprise this season with a win over East Carolina and a close loss to Arizona, sits atop the A-Sun standings in a tie with Mercer.

Tim Jennings and Simon Can both returned in 16-point performances to help the Bulls put the defending A-Sun champions Knights in the conference cellar. Jennings knows that the Knights aren't playing up to their full potential. "The Knights have yet to play an A-Sun game, but Speraw fully expects the Eighting Canes to have improved from last season and offer the Knights another conference challenge," Jennings said. "It was probably disgusting to some of the fans that watched how we didn't win after bullish Johnson said. "They beat us to all the loose balls. Y'all have seen us play basketball and y'all know that's what we pride ourselves on. We just didn't do that. We know we've got to get out of there, get the rebounds that get tipped around a couple times and get the ball off the floor."

The Knights have 10 days off before they welcome Campbell on Dec. 9. The break will give UCF a chance to work on those little things, but Speraw doesn't think that taking much time off is beneficial to his team. "I didn't want to have as long a break, but we were not able to schedule a game during that time," Speraw said. "Certainty we have finals week which we really have to focus on because that wears you out mentally. We've got to get through this week and just get to continue to get better on all the little things that we do. It's a tough time of year mentally for them. You've just got to play through each and every day and work to get better each and every day."

Campbell has yet to play an A-Sun game, but Speraw fully expects the Fighting Camels to have improved from last season and offer the Knights another conference challenge. "They will be much better than they were a year ago," Speraw said. "It's the second year of the coach's system. He has his players in place that believe in him. They play exceptionally hard. We know that much like Gardner-Webb they will be much better this year than they were a year ago. That's going to be the theme throughout the whole conference. We know all of those teams that were in the bottom half of the league, all of them retained their key players and added new guys that make them better. The bottom of the league is definitely coming up."

"We have Gardner-Webb and the same thing is going to be in play with Campbell." In the meantime, the Knights will keep working to find their offensive groove. Johnson has been hot from three, but not every shot is going in. "We didn't dive after balls," said Johnson. "You've got to be a fight to the finish."

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Women split weekend Atlantic Sun series

Huron continues to shine as Knights put a hurting on Belmont

MATT DORANY

Contributing Writer

The Knights continued to prove their worth with a dominant win over the Bulldogs on Saturday afternoon against Lipscomb. The win went to the UCF and put the Knights atop the league. 5-0. The offense was the win's highlight with a 9-16 attack with 7 steals and 18 turnovers.

The Knights opened the game with a perfect fifth and sixth inning with three and five runs against the Lipscomb Bulldogs, as the winning pitcher was the pitcher of the day. However, the Knights were down 4-0 after seven innings.

The Knights got to out-rebound our opponents, with only 16 turnovers. In the final 47 seconds, the Knights hit six of eight from the floor and scored a perfect five-for-five against the Lipscomb Bulldogs.

Mardi Gras is coming, how are you prepared to make the most of it? We have a new TIKI Bar! Come Party With us! We are excited to host you for our Grand Opening of our new TIKI Bar! XL 106.7 will be Broadcasting Live from the Applebee's on University Blvd. on Saturday, December 11th from 6 - 8 pm. Join us for food, fun, give-aways and the chance to win a trip to Mardi Gras!!

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The Irresistible Mike Walker

“Boos” Mike caused a lot of head-scratching when he fired his wide receiver woes and expected to everyone back in the beginning of the season. But all cause for alarm was quickly dashed in the second game of the season when Walker led the Knights’ defensive charge against Penn State. UCF forced six turnovers against the Nittany Lions, capped off by Walker’s two interceptions against PSU quarterback Zach Mills. Walker finished the season as the team leader in interceptions with three, but he also moved back to wide receiver and racked up 394 yards and six touchdowns on nine receptions.

Unsuspecting Here — Paul Carrington

There was a lot of talk and speculation about the offense and defense from before and during the 2004 football season. Every time Steven Mollen was sacked the offensive line was blamed. Every time an opposing running back ran for 300 yards, the defensive line was blamed. Lost in the blame and chatter was senior defensive end Paul Carrington, who put together his finest season yet. Carrington’s No. 99 could be seen in almost every play even if it was on the opposite side of the field. He finished the season with 10 tackles, but led the team with 35 tackles for a loss and four sacks and one fumble recovery. Carrington even recorded his first career interception against Ohio on Homecoming.

Best Knightphotos — Girl All the way on the left

It’s a tough call, but these awards are precise.

Hairstyle That Needs to Happen — Will Bohenkosky with cornrows

Let’s see... Gary Johnson, here... Steigleman Edwards... Will Bohenkosky? It’s no Afro, but it’s a start.

Most Despised Profession — (Tie)

Just in Rose, Kingsley Neiderworder and three of the most despised professions won this award. That Needs to Happen — Gary Johnson and four sacks and one fumble recovery on. It’s no Afro, but it’s a start.

Best Freshmen Sensations — (Tie)

Kendra Flood won an offensive man of the game this season, leading the Knights with 10 goals. She knocked in game-winning goals in two of the season and also knocked in the game-winning game against Florida in the first round of the NCAA Tournament. Despite all of her strong performances, Flood was marked by the A-Sun in the “Freshman of the Year” voting and received only one spot on the conference All-Freshman Team. School Head-Coach Patricksson offered some clench defense for the UCF volleyball team when team offensive leader Emily West was sidelined with a back injury. She was third on the team in kills with 149 and 32 blocks.

Desperately In Need of a gimmick — Ryan McNamara

He’s the top goalkeeper in the A-Sun, but he’s one of the top goalkeepers in C-USA during the senior year next year. He was two consecutive A-Sun “Defensive Player of the Year” awards. All that and he’s still so squarely clean for his own good. McNamara needs some kind of intimidating edge like a tattoo on his face or a biker-emblem.

Raw Deal — (Tie) Tanya Jarvis, Amanda Stanzyfjeld, Michelle Sodolski

Volleyball’s senior trio deserved a better rating. Three of the cops in the A-Sun factory over the past three seasons should have left on top one last time but it appeared that it just wasn’t meant to be this time around. Injuries and tough losses caused the Knights to barely make it into the A-Sun tournament this year. UCF was eliminated in the first round by eventual tournament champ on Jacksonville. It just means these seniors will have to be content with three rings instead of four.

Mid-American Conference College Football Awards — (Tie)

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Mid-American Conference College Football Awards — (Tie)

If
**MAC Recap**

Toledo comes from behind for MAC title

Gradykowskis leads Rockets with four passing touchdowns

**HATT DUNAWAY**

Senior Staff Writer

A few bumpy and bruising didn’t slow down John Gradykowskis Friday night.

On the first series of the game, the starting quarterback injured his shoulder, but only missed one pass. He then was able to lead a touchdown drive finishing wide enough for Dave Donel off five yard lineout score taking the Rockets an early 7-0 advantage.

The Gradykowskis responded with running back Luke Clemens erupting for 10 yards out in even the score while quarterback Josh Betts found wide receiver Michael Larkin in the back of the end zone to close out the first quarter.

Then Gradykowskis injured his throwing hand late in the second quarter, and X-rays taken at halftime showed that Gradykowskis' throwing hand late in the second quarter.

Larkin's return was an asset as usual, but the Rockets rallied with three touchdowns in the third quarter. Gradykowskis found wide receiver Marcus Moore for three touchdowns in the second half. Moore finished with five catches for 79 yards and corralling those scores in the third time in his career. The third score between the duo put the Rockets up 33-10 early in the fourth quarter.

For the fourth quarter in a row, a quarterback change for their touchdown passes in the MAC title game. Gradykowskis found wide receiver Lance Moore late in the game, passing just 15 yards out for a touchdown.

The apparent loss of Meyer to synchronously when he threw two interceptions against Connecticut while quarterback Brian Van den Hurk was in the Silicon Valley Classic in a project.

This is the Indipendence Bowl depending on X-rays he received at-large spots in the BCS.

**State and Nation**

**Joshua Rocho**

Senior Staff Writer

Louisiana Tech had four field goals and three touchdowns in the MAC title game.

With a 28-18 lead, the Bulldogs went on to win the MAC championship game.

Coach Jon Groden, who Notre Dame's coach, said he didn't expect the final score.

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If that's you, there's a job waiting at the Future Positions at all levels—introductory and experienced—are open now and throughout the winter semester, with full- and partial-scholarships available. Semester-long commitment required. Questions? E-mail Jeff Tweedale at jeff@ufcfuture.com now.

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Part Time:
Mon- Fri 5:30-9pm
• Earn up to $20 an hour
• Potential $1000 bonus
• Sales experience preferred

To schedule an interview, call Elba at
407-903-6422

8403 South Park Circle Suite 600 • Orlando, FL 32819
(corner of John Young Parkway & Sandalfoot Rd. Behind the Super Wal-Mart)

Q: What do Jennifer Lopez and Jim Morrison have in common?

A: They both donate plasma at DCI Biologicals Orlando!

• Of course, J-Lo doesn't live in Orlando and Jim Morrison is dead, but we really do have donors with these names.

Earn $180/month donating your life-saving plasma.

DCI Biologicals Orlando
1900 Alafaya Trail, Suite 500
(Across the street from Racetrac)
321-235-9100
www.dciplasma.com
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Great Pay  Flexible Hours
Relaxed  Distance to UCF
Flexible  Hours
Flexible  Distance To UCF

Your education can take you places
You’re ready for the real world — looking for a real job — one that has
opportunities to grow, to learn, and to make a difference. Let us help you find
a job that offers potential.

Your job starts here
Call 407-828-0920 x 0 for interviews.

Kid’s Nite Out
Now hiring professional caregivers, who love children and need flexible hours.
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There is no reason to look any further... we have the biggest bedrooms and biggest closets!

- Computer Center
- State-of-the-Art Fitness Center
- Basketball & Sand Volleyball Courts
- Swimming Pool with Sun Deck
- Gated Community

- Private Bedrooms and Bathrooms
- Large Walk-in Closets
- 24-hour Community Assistant Staff
- On-site Management and Maintenance

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**RENTAL OPPORTUNITIES**

3 HOUSES NEEDED HOUSEMATES.


Contact: 954-445-4188

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2004 Home Sites

- No deposits, move-in fees!!
- $500/mo.
- Lease until Aug.
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- Free shuttle, pools, and exercise rooms
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- Large bedrooms, bathrooms, and closets
- Close to UCF campus
- Free shuttle to UCF
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- Rent includes all utilities, cable, and internet
- $500/mo.

Contact: 407-313-8353 or 561-758-3033

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3 ROOMMATES WANTED FOR $495/MO.


Contact: 352-258-8980

**FEES, TAXES, TRANSFERS**

- $15,000 in cash
- $15,000 in cash
- $15,000 in cash

Contact: 352-258-8980

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3 BEDROOM, 2 BATH HOMES

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Come join your classmates already living here... plus receive a FREE Washer/Dryer!

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- Two Recreation Areas
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**CROSSWORD**

ACROSS

1. Pig of the future
2. Machine for cutting
3. Time of day
4. Electrical power
5. Director of the FBI
6. African Country
7. Chemical element
8. Large fish
9. Place of business
10. Type of music
11. Large bird
12. Place of worship
13. Type of beer
14. Type of fruit
15. Person in charge
16. Type of wine
17. Large fish
18. Type of food
19. Large bird
20. Type of beer

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Solution:
SGA PRESENTS
CRAM FOR THE EXAM

The Breakfast of Champions

Knightro

FREE SCANTRONs
At all of the following events and the SGA Office

Market Place 12 am - 2 am
Sunday, Dec. 5: Ice Cream Sundae and Dessert Night
Wednesday, Dec. 8: Mid-Knight Breakfast

Library
Monday- Thursday after 7:30 pm: FREE Coffee with SGA coffee mug (Only bring beverages with lids)

SARC (Phillips Hall room 115)
Open 24-7 during Finals Week
Review Sessions
FREE snacks provided by SGA