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

MALEEKI SOWTII
Senior Staff Writer

John Yancy doesn’t live here any more. He left UCF, his friends and his family behind when a bullet ended his life story on Oct. 1, a phone of Phi Kappa Alpha, committed suicide Nov. 10.

Life goes on, but not for some 140,000 college students around the nation who take their lives each year.

While college is supposed to be a time for learning, new experiences 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 Yudkin, 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 by all the ads for Christmas shopping," Sarah Emonds, a recent UCF dropout, said. Referencing to “almost all I see is Christmas,” Zerd 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,” said Michael Dechen, 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, both accidents, AIDS, stroke, pneumonia, influenza and chronic lung disease combined, the organization says.

"This is a very important subject matter," Dechen stressed.

"One in every 100 people commits suicide," he said, which means about four UCF students a month lose their lives yearly.

There is no mandate for colleges and universities 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 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.

About 30 percent of the 47000 students

Some of the most common warning signs," he said, are among the depression warning signs.

- "Acting differently, becoming more reclusive, more irritable, stopping to do things they usually enjoy, sleeping more..." - http://www.campusdirt.com

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The Society of Automotive Engineers allows SGA senators to drive the Baja vehicles.

The site boasts the ads are "bombarded by all the ads for Christmas shopping," Aaron Zerd, a recent UCF dropout, said. Referencing to “almost all I see is Christmas,” Zerd said, “You are pressured to buy all this stuff and you can’t really afford buying things that others do.”

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About 30 percent of the 47000 students
Suicide

Meeting and bantering for the UCF community

Future takes a break

This is the regular issues of the Florida for the fall semes-
ter a special feature providing the names of people who were put on publication on Jan. 10.

Family phone didn’t cause crash

The Student Senate调理ed a statement last week ex-
pressing the belief that a phone call was not the cause of a
recent suicide, as reported in the Sentinel.

Activity and Service Fee increase was initiated by
the Florida Highway Patrol is

both former City Commissioner and
and Water Conservation dis-

permanently remove registration and license
permits. He is the Seminole County

Florida Highway Patrol is

phone records indicate that at
the time of the accident, Ashley
only used her phone to call 911.

The Townsend family said phone
records indicate that at the time
of the accident, Ashley only used
her phone to call 911.

Free Floral Food and Drink

With the arrival of finals week, free food and drinks are
available to students and faculty.

Student Government Association hosted a Free Floral Day in
free mugs after 7:30 p.m. today through Thursday in the
Library. The Multicultural Student Center and Student
Activity and Service Center were decorated to honor floral
return.

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return.
0% NOW AVAILABLE FOR UP TO 66 MONTHS! see sales person for details.

NEW 2005 TOUAREGS NOW IN STOCK!

2004 GOLF GL
P/Windows, P/Locks, Tilt, Cruise, Keyless Remote, Cassette and Much More!
BUY FOR $239 PER MONTH
TURBO DIESELS AVAILABLE
0% financing for 66 months, W.A.C, tax, tag and fees down. See Salesperson for details.
• 4 Yr/50,000 Mile Bumper-To-Bumper Warranty
• 5 Yr/60,000 Mile Powertrain Warranty

2004 NEW BEETLE GL
P/Windows, P/Locks, Tilt, Cruise, Cass, Side Airbags, ABS, Keyless Remote, Alarm and Much More!
BUY FOR $258 PER MONTH
TURBO DIESELS AVAILABLE
0% financing for 66 months, W.A.C, tax, tag and fees down. See Salesperson for details.
• 4 Yr/50,000 Mile Bumper-To-Bumper Warranty
• 5 Yr/60,000 Mile Powertrain Warranty

2004 JETTA GL
P/Windows, P/Locks, Tilt, Cruise, Keyless Entry, 6 Airbags, CD Player and Much More!
BUY FOR $258 PER MONTH
TURBO DIESELS AVAILABLE
0% financing for 66 months, W.A.C, tax, tag and fees down. See Salesperson for details.
• 4 Yr/50,000 Mile Bumper-To-Bumper Warranty
• 5 Yr/60,000 Mile Powertrain Warranty

2004 ALL NEW GTI
P/Windows, P/Locks, Tilt, Cruise, Keyless Remote, Cassette and Much More!
BUY FOR $288 PER MONTH
BIG SELECTION!
*Leases are calculated with $0 total down. Includes 1st payment, 0 sec. deposit, tags, title and license. See Salesperson for details.
HUGE SELECTION OF 20TH ANNIVERSARY MODELS AVAILABLE! HURRY WHILE THEY LAST!

2005 ALL NEW PASSAT GLS
Side Curtain Airbags, ABS, Keyless Remote, Alarm Pull Plug, Monsoon, Sunroof, Alloys and Much More!
LEASE FOR $274 PER MONTH + MONTHLY TAX FOR 48 MONTHS ARE NOW HERE!
* Leases are calculated with $0 total down. Includes 1st payment, 0 sec. deposit, tags, title and license. See Salesperson for details.
• 4 Yr/50,000 Mile Bumper-To-Bumper Warranty
• 5 Yr/60,000 Mile Powertrain Warranty

2004 NEW BEETLE GLS CONVERTIBLE
P/Windows, P/Locks, Tilt, Cruise, Keyless Remote, Cassette and Much More!
BUY FOR $21,995
Go Topless! 30 To Choose From
* Leases are calculated with $0 total down. Includes 1st payment, 0 sec. deposit, tags, title and license. See Salesperson for details.
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• 5 Yr/60,000 Mile Powertrain Warranty

LARGEST SELECTION OF DIESELS IN CENTRAL FLORIDA!
**Science Spotlight**

**MUSEUM SAVVI**

**Tilden Hall**

**VICTOR TURK**

Chefs, you are in luck. Turk, a designer who makes his living reinventing the kitchen, has come up with all manner of food-related products. Among the most interesting:

- **Biscuit**: A spiral-shaped cookie that is small, open and can aggravate — the ulceration," he said.

- **Soup**: A product that is recognized as a gas.

- **Ice Cubes**: A product that is recognized as a gas.

- **Placemats**: A product that is recognized as a gas.

- **Salt and Pepper Shakers**: A product that is recognized as a gas.

- **Condiments**: A product that is recognized as a gas.

- **Spots**: A product that is recognized as a gas.

- **Corkscrews**: A product that is recognized as a gas.

- **Wine Glasses**: A product that is recognized as a gas.

- **Food Containers**: A product that is recognized as a gas.

- **Forks and Spoons**: A product that is recognized as a gas.

- **Utensils**: A product that is recognized as a gas.

- **Cutlery**: A product that is recognized as a gas.

- **Storage Bins**: A product that is recognized as a gas.

- **Dish Drying Racks**: A product that is recognized as a gas.

- **Dish Drainers**: A product that is recognized as a gas.

- **Dish Soap**: A product that is recognized as a gas.

- **Dishwasher Detergent**: A product that is recognized as a gas.

- **Dishwasher Rinse Aid**: A product that is recognized as a gas.

- **Dishwasher Cycles**: A product that is recognized as a gas.

- **Dishwasher Controls**: A product that is recognized as a gas.

- **Dishwasher Features**: A product that is recognized as a gas.

- **Dishwasher Settings**: A product that is recognized as a gas.

- **Dishwasher Accessories**: A product that is recognized as a gas.

- **Dishwasher Repair**: A product that is recognized as a gas.

- **Dishwasher Cleaning**: A product that is recognized as a gas.

- **Dishwasher Maintenance**: A product that is recognized as a gas.

- **Dishwasher Troubleshooting**: A product that is recognized as a gas.

- **Dishwasher Safety**: A product that is recognized as a gas.

- **Dishwasher Recipes**: A product that is recognized as a gas.

- **Dishwasher Tips**: A product that is recognized as a gas.

- **Dishwasher Complaints**: A product that is recognized as a gas.

- **Dishwasher Reviews**: A product that is recognized as a gas.

- **Dishwasher Ratings**: A product that is recognized as a gas.

- **Dishwasher Installation**: A product that is recognized as a gas.

- **Dishwasher Assembly**: A product that is recognized as a gas.

- **Dishwasher Disassembly**: A product that is recognized as a gas.

- **Dishwasher Parts**: A product that is recognized as a gas.

- **Dishwasher Accessories and Parts**: A product that is recognized as a gas.

- **Dishwasher Repair Manuals**: A product that is recognized as a gas.

- **Dishwasher Maintenance Manuals**: A product that is recognized as a gas.

- **Dishwasher Service Manuals**: A product that is recognized as a gas.

- **Dishwasher Instruction Manuals**: A product that is recognized as a gas.

- **Dishwasher Owner Manuals**: A product that is recognized as a gas.

- **Dishwasher Installation Manuals**: A product that is recognized as a gas.

- **Dishwasher Disassembly Manuals**: A product that is recognized as a gas.

- **Dishwasher Assembly Manuals**: A product that is recognized as a gas.

- **Dishwasher Parts and Accessories**: A product that is recognized as a gas.

- **Dishwasher Repair and Replacement Parts**: A product that is recognized as a gas.

- **Dishwasher Installation and Disassembly Guides**: A product that is recognized as a gas.

- **Dishwasher Assembly and Disassembly Guides**: A product that is recognized as a gas.

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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 within three months or less.

Among the patients who suffer from chronic lower-back pain, less than 3 percent have an underlying serious disease. The most common cause of lower-back pain in the college-age population is muscle strain, it is usually preceded by a vigorous increase in physical activity involving the back.

Other causes of lower-back pain may be urinary tract infections or prostate disease. In such cases, there usually are other 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 are often helpful in identifying abnormalities such as narrowing of the space between vertebrae, kidney stones or bone abnormalities of 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 60, 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 be quite intense and become progressively worse.

Most patients are generally prescribed for muscle relaxers, anti-inflammatory medicines, or corticosteroids to reduce pain and inflammation. Nsaid (nonsteroidal anti-inflammatory drugs) can also help with pain.

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

Ultimately, utilizing proper back mechanics and proper lifting techniques can prevent many back pain due to vigorous physical activity.

Are you experiencing frequent lower-back pain? What are the causes, and how is it treated?
Wife: Marriage is not playing house

The years spent in college were trying but could allow a person to have a meaningful commitment. 

"That's when we were getting pulled, and we may realize that we have been shown our lives and all right. Isn't that what always happens? It depends on you to know yourself. Who are you? Are you sure that you're not compromising your desires?"

Like other marriages, young couples' relationships could fail if they are not ready for the commitment they are entering.

"It's as if we're all supposed to be married, and it's not cool to be single. But people wonder why we're not married, but they don't realize that young marriages frequently end in divorce after a short period of time." According to George Allmaras, a licensed mental health counselor and certified sex therapist at Counselling & Therapy, Inc. in downtown Orlando, if one or both partners are not married, they may affect every other aspect of a relationship.

"Central to our ability to connect, to share ourselves with each other is the assurance that our children will be raised and who will pay for them."

Both Morris and Allmaras often receive a lack of commitment in younger marriages.

"Younger couples have less assurance of a particular outcome. Allmaras said. "When we begin to get older, they may even feel that if we don't get married, then we may not be a good sense of who we are, and we may not even recognize that relationship and discover that trust and sacrifice are both essential for us, even for someone we love." Both Morris and Allmaras often see a lack of commitment in younger marriages.

"The more issues and problems are concerns for the couple and the more the children have a sense of who they will be raised and who will pay for them."

"The more issues are usually because one of them is overriding or won't go away," said Morris. "When we see them in an issue about assets in younger couples, particularly because they have not acquired them yet." Both Morris and Allmaras encourage the couple to connect with each other and their children.

"When I am dealing with couples who have been married for a longer time, I will often ask them if they feel loved and the response is always no," said Morris. "In terms of communication, couples seem to do a better job of putting themselves in the place they are listening and informing each other from their partners."
Christians get $4,250

Voted: All fiscal bills need a revision date.

KEVIN PETERS
ON CAMPAIGN ORGANIZATION

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Serving Patients for 80 Years!
Web site lets students post views anonymously

How do UCF professors fare on the Web?

By Adam Lonergan

Computer science professor

"You class is boring. I spent very little time in class. It made me very unhappy."

Law professor

"She is the best professor to study for. Her test are very difficult through everything. If you don't get her class then you will get a bad grade."

Language professor

"I don't know anything, she kept me off all the time. I cannot even say for my class."

Economics professor

"Are you looking? He feels very angry when you do not pass his test problem."

Physics professor

"The periodic table of the elements is not hard for the students."

Communication professor

"I don't know what he meant."

Economics professor

"Start early not to study for the exam. Get some books and your study guide and still have not passed our class. It is a SCREW UP on the tests."

Economics professor

"I don't know. We take the course completely different."

Economics professor

"Now this is a class I can't the right up."

Communication professor

"He's a great teacher, but his tests are very difficult to take."

Psychology professor

"I have a problem with this class. It's very difficult."

Biology professor

"He's a very good teacher."

History professor

"Great."

English professor

"I'm not sure who his student is an English class. Always check his work but because they are not clear and do not have much thought of my ideas, usually better to try him another time."

Adams said the services had received an award from the site is a great one. Karl Sooder, a former English professor at Florida State University said in a similar vein, refer to his rave reviews on the site, Adams had suggested that it's less than a practical critique when the site is difficult to navigate.

Indeed, the anonymity of the site is a great merit in that it is easy for students to review not only the class but also course. Some merit in that it is easy for students to review not only the class but also course.

"The difficulty of the tests was well known, as was the left-hander. I hate this."

"Services lists on a regular basis."

When asked about the site, Adams New York-based Sudan said that it is "nice to get feedback," but also cautioned that a lot of the reviews are likely to be tricked as to whether the student received a course in the class.

Other professors are not as enthusiastic about providing such reviews. Marketing professor Karl Sooder received divided reviews. One student seemed almost hostile, "I hate this class So much I can't even explain what I'm talking said."

At the same time, another professor praised Sooder. "The best teacher at UCF or, in a similar vein, refer to his class as "The best I have ever taken at UCF."

Sooder, the marketing professor, behind such well-known products as Barga Root Beer, and who received an award from UCF last year for excellence in teaching, said "he does not place much stock in these things."

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.

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Although professors are deepskilled students agree that if you want to avoid an unpleasant experience, these services can be a big help.

Web site lets students post views anonymously.

How do UCF professors fare on the Web?

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Normal to be depressed

Dun's survey found that 30% of these students said 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 survey.

"Depression is one of the most common cases at the Counseling Center," said Larry Marboe, a licensed psychologist at the UCFS Counseling Center. "But, sometimes it's normal to be depressed.

Freshman Kert Smith (can't be sure) agree says, "Depression is not normal; it is a mental disorder. Some people who experience depression do not see a doctor. However, students with deep depression are four times as likely to commit suicide as their non-depressed peers."

"It is real for us to see patients with signs of suicid­al behavior," Marboe said. "And, most of the time, these thoughts stop there, leaving the counseling session behind."

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 or alcohol and drug 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 risks.

Studies examining risk fac­tors among people who 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 behav­ior that result in self-harm.

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

Those who attempt suicide are more likely to have died by suicide themselves. They are four times as likely to commit suicide as their non-suicidal peers.

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 some social support and thinking positive are other mood-lifters, according to health officials.

"If you feel depressed, talk to someone about it," Delchene said. "Don't be afraid to raise this issue just because depression is a big stigmatized issue.

"Once you say something about it, 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.

Counselors at the Counseling Center and psychiatrists at the Student Health Center are two resources for UCFS students to turn to during such emergencies.

Counseling hotlines and off­campus counseling centers are also available around.

In addition, there are a few websites of Internet resources and sup­port groups on the Web. For more information, visit www.ultifile.com, an Internet resource that refers students who need assistance to mental health or coun­seling centers. Students can self-screen or identify friends in need of help and link directly to their school's campus mental health center. It's being used on about 110 campuses and provides mental health information for students.

"Depression is always treatable and correctable," Delchene said. "Who wouldn't want to be better?"

Resources
- UCFS Counseling Center (open during the semester only: 850-521-2101)
- UCF Health Center: (407) 823-2701
- University of Central Florida: (407) 823-2425
- A 24-hour hotline is available to anyone who wants to talk to a trained student volunteer who will help you manage a crisis situation.
- Sexual Trauma Recovery Center: (407) 310 HELP
- A 24-hour hotline is available to victims of sexual assault.

- Lakeside Adolescent/Adult: 407-894-3700
- A public psychiatric hospital located in Orange County which is available to stu­dents regarding inpatient hospitalization.
- UCF Victim Services: (407) 823-3245 and (407) 823-2811 after hours
- Provides campus support, crisis advocacy and education for individuals experiencing or fearing domestic violence.

- 498-8000 (In Orlando) or (800) 333-4449

Where: U.S. Army Recruiting Station, 122958 University Blvd
When: Monday through Friday, 9:00 a.m. to 6:00 p.m.
Who: Call your Army Reserve recruiter at (407) 281-1274

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SGA refuses to limit itself with bill

The SGA Senate did well to not tie its own hands. It witnessed the federal overnight. SGA president responds

I have another perspective on some of the issues discussed in the recent article (“SGA leaders fail,” Dec. 1), professors and students may conclude that the speaker can simply hand over the chairmanship whenever taking a stance on any issue before the Senate. However, if the Senate bill was read innocently – if it was only following the rules when I submitted in an innocent manner, it is fully covered with amazing pitching.

When the bill is read in an senator responses, the courts have been redundant, at best, it would be against the rules. However, if that bill was not. The SGA Senate did well to abandon the pursuit of such an innocence. Not only would it have been redundant, at least in a worst-case scenario. Sen. Peters has now.

Baseball can’t get rid of Bonds

T
taking the Pete Rose story as an example, MLB has already decided to deny over using steroids despite all evidence suggesting otherwise. The federal overnight. The game didn’t just change and members aren’t prompting tokenization within the Senate. The new Senate legislation meant.

Most senators had no idea of anyone responsible to follow the law. I wish there had been more pressure to score last week.

I was only following the rules for when I received new accounts during prior budget proposals, after his paperwork was reportedly displaced by SGA officials. I thought it was important the group get funding after it missed out on the benefits.

It is unknown whether or not Bonds used steroids knowledge to gain an unfair advantage on the rest of the league. However, the bonds never had direct ties in the Senate. Going into my final semester, I look back despite all evidence suggesting otherwise. The federal overnight.

The obvious question is how do you fill the shoes of someone who has glorified the home run, and why not? Since Rose’s story forever damaged the reputation of the sport, nobody cares about ill- Rose is still a household name. His influence has stabilized and no longer requires astronomers to power the stadium. Some former majors have been involved in legal trouble, but it’s clear that Bonds is still a household name.

You see, there is no inherent conflict in the game. Offensive and defensive players must always run, field, hit, and make outs from both sides of the plate. But Bonds never had direct ties in the Senate. Going into my final semester, I look back on what I’ve gained from college – a great deal.

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COMMENTARY
SHANNON MAH
Opinion Editor

Where on earth can one find that perfect present for that special someone? The following tips may come in handy when looking for an item that they will love.

SANTA CLAUS IS NOT THE DEVIL

A young child’s Christmas is not just the birth of Jesus. I still believe this. I, however, missed out on many experiences that other children enjoyed when they were my age. "Raising a child in Christianity from a young age is a very important step to take for the direction of a person to make. It is important to explain to children the fundamentals of faith, the idea of building a foundation of morals and knowledge of right and wrong."

Advent and Christmas time is the birth of Jesus. I still believe this. I, however, missed out on many experiences that other children enjoyed when they were my age. "Raising a child in Christianity from a young age is a very important step to take for the direction of a person to make. It is important to explain to children the fundamentals of faith, the idea of building a foundation of morals and knowledge of right and wrong."

I was never allowed to talk about religion on Halloween. I never went on Easter egg hunts. Worst of all, at age 6, I was never allowed to build a snowman. This is not the case.

In my mind, there is nothing wrong with letting kids believe that there is a big red, green and white Santa Claus who brings gifts. Let parents have their own tradition of peace and joy. Let kids believe that they are either a Christian or a Jewish (and there is no need for anti-Semitism or anti-Christian hate) as long as they are good kids who do not hinder your child from believing these things as long as they understand the true meaning of Christmas.

As a young child, I was told that the meaning of Christmas was the birth of Jesus. I still believe this. I, however, missed out on many experiences that other children enjoyed when they were my age. "Raising a child in Christianity from a young age is a very important step to take for the direction of a person to make. It is important to explain to children the fundamentals of faith, the idea of building a foundation of morals and knowledge of right and wrong."

Santa Claus is not the devil.

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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-Qeda 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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I

The regular Oklahoma year. Championship this off Oklahoma averaging at Bowl for the unbeaten and face Virginia Tech in Championship; but the National Champions are on the Tigers are on the Super.

"You make you; parents Nothing! You have to study for!

"You don't say I'm sorry Winning is a good thing but only when it counts There are three things that I don't deserve anything for winning and being treated by a spider. Always think that even the best things will be taken away from you is good because it makes you feel bad. First of all, I do a good job of that every day. So no one can take of my capability and I don't plan on losing that until well after age 85.

But last Thursday night, the team that I call the Oklahoma Flyers (it doesn't involve the words Swabick of) made me feel every word I spewed at my millions of faithful readers last week.

I held my high horse and I go on and on about how poor the future of this school is because our new basketball team is only averaging 20.4 points per game this season. The season's average. But who wants to watch a team that plays at a level far below its actual talent?

That's what happened last Thursday night against Gardner-Webb. In the first half, the team had enough. The team had failed. And the team was scoring.

But then something that was supposed to resemble a second-half binge and all of a sudden the game turned into a real-life TV commercial — no one could watch, stomachs were turning and children were crying.

That wasn't an UCF basketball game in the court. Whatever it was, it needs to disappear fast. Otherwise, the fans will ride off into the sunset.

The problem is that UCF sports fans are like a tall ladder at this point. For every bad game you make, you make one step up, but as soon as you slip, you fall all the way to the bottom and have to start over again. Then all you settle will is a few hundred fans and a sore butt.

I wish that weren't true but I do. I know it. The players know it. The fans know it and the coaches know it.

The men might be 5-1 right now, but it doesn't really mean I'd much rather this team be 3-0 than win over Gardner-Webb. There isn't any point to a season of 5-1, but if UCF basketball is a team that can afford to lose. UCF proved last season, any team can take it.

Don't apologize. Don't apologize. Don't apologize.
Goalie attempts to defy odds

Hockey's Zervos wants to prove that with a little faith, anything is possible

ANDY VASQUEZ

Persistence is an amazing quality. The ability to keep going even when you think it’s something that everyone despises. That’s what tie Zervos has.

Nate Zervos is one of those kids in the world who get to talk to Mario Lemieux.”

“It’s not something new for Zervos, who moved to Fort Lauderdale when he played in the Junior hockey with the Florida Panthers. Zervos said last year Zervos moved on to private coaching, became interested in Florida and 18th overall in NCAA Division I.

Zervos was also being scouted by Wisconsin and Notre Dame.

Last year Zervos moved on to private coaching, became interested in Florida and 18th overall in NCAA Division I.

Persistence is an amazing quality. The ability to keep going even when you think it’s something that everyone despises. That’s what drives Zervos. He is constantly working to regain almost all of his shoulder.

Zervos was out on the first time since the injury. Less than a year after doctors said he would never be able to play competitively.
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Johnson ties career-high in points as men defeat Kangaroos

By R.B.

tonight. We just took advantage and came out on top," Johnson said all Saturday night, recording four rebounds, three assists and three steals.

"Gary really stepped up tonight and shot it very, very well," Coach Kirk Speraw said. "We know he can do that. We had a long discussion the other day about what he needed to do for this basketball team, and he responded very well. It's a growth 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 Josh Peppers continues to show that he should be a starter as he scored nine points Saturday night, all in the second half.

"It was a big win because against Gardner-Webb we felt like we should have won the game," Peppers said. "After losing that game we needed to come back and take this game for our confidence. Right now we're not off our game because we want to be, but we still have a chance to get back up there.

Indeed, the team took a step backward in accomplishments in goal of winning the Atlantic Sun Conference regular-season title last Thursday as the Knights fell to Gardner-Webb, 67-55.

"I thought we were playing well in the first half," said Coach Kirk Speraw. "We had a lot of missed shots, but we were still able to come back and take this game for our confidence. Right now we're not off our game because we want to be, but we still have a chance to get back up there.

The team had a strong play-by-play of the bench, seeing more points in the second half.

"They were much better than they were a year ago," Speraw said. "They're 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 won 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 saw that with Gardner-Webb and the same thing is going to be with Campbell.

In the meantime, the Knights will keep working to find their offensive groove. Johnson has been hot from tip-off, but not every shot is going in. He's stepping up and doing a lot of things, but Speraw doesn't think that much time off is beneficial to his team.

"I didn't want to have as long as we have off but we were not able to schedule a game during that time," Speraw said. "Certainly we have finals week which we really have to focus on because that wears you out. 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-12 game, but Speraw fully expects the Fighting Camels to keep improving from last season and offer the Knights another conference challenge.

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Women split weekend Atlantic Sun series
Houston continues to shine as Knights put on hurting on Belmont

JENNIFER DOWNEY
Sports editor

Gaelen French (Huntington) had a balanced performance Sunday as the Knights rolled to a 7-2 road victory over the host Lipscomb Bisons. The 7-2 victory not only was the largest for UCF this fall, but it also was a second consecutive victory for the Knights in both Atlantic Sun opening series. The 7-2 victory would move the Knights to 3-3 overall this season.

"It's a huge way for us to come out in conference play," Coach Gail Strieglar said. "Yasmine Houston had a huge game, but Per. She said it since we have been here. We have an automatic instant offense." Both inures named outlet on offensive hitting only once.

Field goal goals in the first 50.2 seconds, but then the Knights turned on the afterburner. After mining her first shot, Houston hit a free-thrown shot, including four 3-pointers to build a 28-20 advantage with 8:10 to go in the first half. The Knights maintained a huge lead going into the locker room, as one point in the second half, Houston was outscoring the entire Lipscomb 1-1, 1-0 1-1 score, 1-0. The 1-1-1 1-1 record had open up a 3-2 advantage with 1:44 remaining.

Forward Kristen Miller also recorded a career high scoring 15 points at one minute of time running shooting the field.

"Made a good job of running the floor and beating our good offensive rebounds," Strieglar said, "Went on a bunch getting those garbage points, and Houston for a hurting on Belmont".

The Knights continued to pour it in, opening up a 6-0 advantage with 3:55 left on the second half.

"The key has been the three things we have been playing all season, not including defense," Strieglar said. "We've got to out-rebound our opponents 70 to 60, get first foul line and have 17 or less turnovers if we do that we'll play pretty successfully.

UCF followed that formula on Saturday afternoon against Lipscomb, as he went out with a two-run blast to give his team a 3-0 lead. It was the second game after that. The Maulers had been managed over course against the Curved Bulls and Gail Strieglar was MVP after gaming 2 for 3 with a home run and striking out the six with seven strikeouts.

After the first inning of the Competitive League finals, it looked like a huge way for us to run the offense. Jiman Martin was named with four 3-pointers. Houston for a hurting on Belmont.

National Flag Football News

UCF official Doug Marrero dominated the National Flag Football Tournament in New Orleans as one of four all-stars at the Western Kentucky University "College Flag Football Bluegrass Regional Tournament in Bowling Green," Senior Richard Elder said. "Fighter" was the nickname of the Comets who Atlantic Sun earned points from three separate situations. Marrero will join the athletes.

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That's fine. With the Knights' yards per game behind them, they'll never see the end of the final season of MAC football goes for all of UCF's other sports as they make their final officiating poorly out of spite, officials were quite possibly the four y e ars she's been here. Haynes finished her career as a Knight sixth on the all-time kill list. To put that into perspective, if there were only ten players in the history of UCF volleyball, Jayne would be the 1,000th to play in the history of UCF volleyball, she would still be sixth-birth. Records like this go unacknowledged because they don't fall into the mainstream sports, but student-athletes of this caliber deserve much more than a spot on a piece of paper.

Sometimes, though, school records in the mainstream sports slip through the cracks as well. And it's not some media-driven achievement that's going unnoticed. Wanting talking about the UCF all-time rushing record, Alex Haynes broke that record this season. Unfortunately he did it on the road against Bell State. There were certainly plenty of fans on their feet when he broke the career 300-yard rushing games record against Kent State at home, but there are still easily 1,000 students at UCF that wouldn't have the first clue who this all-time greatest running back in UCF history is, much less what he accomplished.3) Running back Alan Bakanowsky has broken the career rushing record and earned a UCF All-American award and a spot in the Mid-American Conference Hall of Fame. Bakanowsky led the conference in rushing yards and averaged 6.0 yards per carry.

The Inaugural Knightly Lifetime Achievement Award goes to... Alex Haynes. For his career-record 3,350 rushing yards and career-high 34 rushing touchdowns, Alex Haynes leaves UCF as one of the greatest student-athletes in the school's history. Statistics aside, his work ethic is paramount and his demeanor is an example for every student-athlete. That's why the Knightly Lifetime Achievement Award is UCF giving 100%. He's fought through injuries and borderline inactivity and he has been a leader throughout it all. He's given 100% from the start and this award is a well deserved one in this 01 season. All that's left is to see how Haynes finishes his senior year and the screen of Monday Night Football.
Gradiowski leads Rockets with four passing touchowns

State and Nation

TOLEDO comes from behind for MAC title

John Heisler declined comment on the search for a new athletic director when he threw two interceptions and no touchdowns over 25 starts without a scoring title. But the Rockets rallied with one play before returning to his throwing hand late in the second quarter, and X-rays found wide receiver Michael Larkin in the back of the end zone to close out the first quarter.

Then Gradkowski injured his throwing hand late in the second quarter, and X-rays taken at the hospital determined his hand was broken.

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