College newbies receive warm welcome at New Student Convocation

Happy first days with a PIVOTAL event

[[Image: Central Florida Future.jpg]]

IT'S QUIET... TOO QUIET
Experts raise hurricane predictions — SEE NEWS A2

WOMEN'S SOCCER
Poll leaves ladies with high expectations — SEE SPORTS A1

OSI office upgraded to serve more students

A 42-inch plasma screen TV is among additions

MARK JUSTICE

One of the most recent changes at the university famous for being "under construction forever" is an extensive remodeling of the office of student involvement located on the southern floor of the UCF Student Union.

The improvements to the OSI office, which serves as a hub for student leaders overseeing programs such as Homecoming, did not happen overnight.

"Using money from the Capital Improvement Trust Fund allocated by the state, UCF was able to add space to the OSI office and improve the facilities available to student leaders," Ehasz said.

The office upgrades student leaders are enjoying today are the result of a plan outlined several years ago by former student body presidents and UCF President John Hitt.

Room-mating Rituals

Students learn common courtesy goes a long way in calming calamitous college housing situations

JENN MAUGTO

Leaky ceiling in Convocation Center has new resident upset

SEAN LAVIN

Jessica Cruz was the first to move into her Convocation Center apartment and was all alone when just after midnight on Thursday, she heard a mysterious dripping noise coming from outside her bedroom door.

At first Cruz was worried the dripping was coming from her sink, and that an intruder had entered her home without her knowledge.

"It was past 12 a.m., and I heard dripping coming down," Cruz recalled.

Her imagination started running wild and she began thinking to herself, "Oh my God, what if someone's in here?"

After Cruz mustered up enough courage to leave her room and determine the cause of the drip, she discovered something she considers almost as frightening as a home invasion.

The sophomore entered her bathroom and found water covering the floor. She then looked above her toilet and saw a steady drip of water leaking from the water line that went on her roof.

Cruz ran to her kitchen and grabbed a pot to put under the leak. The water was coming down so fast it filled the sink.

"I'm usually the first to move into a new housing situation because if they're not the best roommates, I don't have to live with them," she said. "It's not so easy to close the door on the first day."
Hurricane season won't stay quiet for long

Experts warn that storm activity will be greater than originally predicted

As the one-year anniversary of Hurricane Charley approaches, forecasters believe that 2005 will pass only a few weeks ago, many wonder why this hurricane season - predicted to be worse than last year - has been quiet, almost too quiet.

However, according to a general belief, many forecasts predict that the Atlantic Ocean and Atmospheric Administration's (NOAA) total forecast outlook just last week became a little more optimistic. Over the last 10 to 15 years, storms are expected to form before the Labor Day holiday ends in November. That would raise the total of expected storms from 10 to 15. Over the last two to three decades, 15 storms have formed from Labor Day through mid-November. During an average year, there are more named storms and all of those storms become hurricanes. This season has already had 10 to 15 storms, which represents the second-highest number of storms since the National Hurricane Center was created in 1950. The last time there were 10 to 15 storms was in 2004.

This year, the National Hurricane Center predicts that the Atlantic basin will have 15 to 20 storms, which is the number of storms that are predicted to occur in a typical season. However, the center also predicts that only 5 to 10 of those storms will be hurricanes, and the remaining storms will be tropical or subtropical in nature.

According to the National Hurricane Center, there are currently 10 tropical storms in the Atlantic basin, and 5 of those storms are expected to develop into hurricanes. The center also predicts that 3 to 6 hurricanes will form, with 1 to 2 of those hurricanes becoming major hurricanes.

Hurricane season will likely end by mid-November, as the National Hurricane Center predicts that there will be no significant storms after the end of October. However, the center also warns that there could be a few storms that form in the eastern Pacific Ocean, which is outside the area covered by the National Hurricane Center's forecasts.

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NATION & WORLD

WHAT'S IN THE NEWS

Reminder: The Knotts Berry Farm is open through July 4 so you can enjoy your favorite 4th of July traditions. For more information, visit www.knotts.com.

WEEK IN HEALTH

RACHEL BAUMBACH

There's good news for chocolate lovers everywhere. The sweet, guilty pleasure is not so guilty after all.

That's the news out of Lucerne, Switzerland, where scientists say chocolate is a delight. The word is found in many parts of the world, the study said. That's the word in its Latin roots.

A spokesman for Mars says the company is looking for partnerships with pharmaceutical companies interested in developing drugs based on cocoa flavonoids.

Michelle Hollenberg, a confectioner and nutritionist at Harvard Medical School, said that cocoa flavonoids are also available in food.

Flavonols appear to reverse that problem. "The potential of flavonoids to ward off vascular diseases is huge. They can cause injuries, heart attacks, strokes, and diabetes. Vascular diseases are linked to the arteries' inability to make a protective layer of a chemical called nitric oxide, flavonoids appear to reverse that," Hollenberg said.

While cocoa beans are a poor source of flavonoid-rich nutrients for the body, they are also loaded in milk, apples, grapes, and green tea.

THE NEWS

Bertha, the world's oldest chocolate bar, has been found in a Minnesota market.

The suit asked the court to declare that the use of a mock signature, including Slipknot's name, Armstrong's Tour de France sponsor, which had exclusive rights to make a film and surrounding activities, is considered trademark infringement.

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Multicultural work stations for black and gold furnishings and an open atmosphere. Now, it provides more of the office was a 'maze of cubicles that, before the remodeling, said. Among the improvements to the newly constructed space, while also adding to the enthusiasm in discussing the program, additional staff such as new Senior Secretary Jennifer Welch and even a 40-plus plasma screen TV that rivals the one across the hall in the UCF offices.

Bleckinski is equally excited about the potential the lounge offers her program to reach out to its members and others throughout the UCF community.

“UCF Junior and Leadership Assistant Race Bleckinski is enthusiastic in discussing the many improvements the Lead Scholars Lounge has experienced throughout the OSI remodeling. The lounge is now twice as large as it once was, featuring offices for the directors of the program, additional staff such as Senior Secretary Jennifer Welch and even a 42-inch plasma screen TV that rivals the one across the hall in the UCF offices. Bleckinski is equally excited about the potential the lounge offers her program to reach out to its members and others throughout the UCF community.

“We are excited to have all of UCF’s student leaders in one central area. The new Lead Lounge will help us to build community not only within our programs but within the OSI office and through the university as a whole,” said Bleckinski.

Crisis have noticed the improvements to the Lead Scholars Lounge as well. One such student is Lead Scholars Peer Mentor Matthew Alberweil, who refers to the Lounge as the “coolest place on campus.” Lead Scholars may not be the only student organization enjoying a new office space this year. However, several of the additional work stations mentioned by Welch are still on campus. Students wishing to view the new space for themselves can do so at an open house being hosted by OSI Wednesday, Aug. 8, from 11 a.m. to 2 p.m.

Welch invites all students to attend and “find out about getting involved at UCF.”

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Construction noise wakes up residents

Cruz said that whenever the resident living above her would flush the toilet, the leak became worse. She was warned that the water that was beginning to flood her floor was actually toilet water coming from above.

When Cruz called maintenance to fix the leak, she was not impressed by their initial response. The first official suggested Cruz "just stick a bucket under it and throw some towels down." Cruz said he told her that "I will save you from cleaning the mess later."

But Cruz said she didn't want to sacrifice her new towels to what could be toilet water, and felt that she was not the one responsible for cleaning the mess. Ultimately, she didn't have to, because over the next two day period the maintenance officials who stopped the leak were also able to clean up the mysterious water.

Cruz's leaky roof was given emergency status by housing officials, and was placed high on the priority list for that reason.

Although Cruz's bathroom is no longer leaking, she is now upset because of the large holes maintenance created in her bathroom ceiling when they needed to access the pipes and stop the leak. The hole that concerns her the most is the one existing where her electrical wire covering should be.

"If it does start leaking again, I have an open socket under it and throw electrocuted and die," Cruz said. "I look outside my window, that's my view. I have trees that are falling and construction."

The heavy machinery used during the construction bothered Cruz and often vales her up. She says that the construction is so disruptive that "when they're working the windows literally shake."

To ridiculose that you pay $7000 a year to live here and you're woken up by either maintenance or construction," Cruz said. "I like the convenience of being here, but if I had a choice, now I probably would have lived somewhere else."

Construction noise wakes up residents.

The brand new apartments (top) opened Aug. 16 and residents are already dealing with some problems in their apartments. Severe complaints, the student housing department is using yellow signs (above) to keep the noise in top condition.

On the second floor (bottom), one apartment is full of complaints about the noise. Construction noise wakes up residents.

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Convocation ceremony gives students a boost of morale before beginning classes

Knights program. Advantages she cited included recent data showing that LINK participants have higher grade point averages and a stronger retention rate than other students.

Steve Orsini, UCF athletics director, encouraged students to attend athletic events as an avenue to connect themselves to the campus. Hyrns also spoke about Greek life, and won laughs from the crowd by reciting fond memories of his son's involvement as a member of the Greek community.

Those in attendance also heard from students who are already involved; such as Student Body President Willie Bentley, who administered the Oath of Office, and a member of the platform set. Bentley, who participated in the ceremony, found the experience to be rewarding and enjoyable.

“Make your college years the best of your life, and do not be afraid to take chances,” Lee said. “Whether or not things go your way, you will learn from your experiences—underlined wisdom (assuming they actually passed the class) of those who’ve come before.”

Steve Orsini, UCF athletics director, encouraged students to attend athletic events as an avenue to connect themselves to the campus. 

Sophomore Crystal Lee, who spent her summer mentoring freshmen like Rosen while serving on the Orientation Team, found a deeper bond she remembered forming with the class of 2005.

Senior Jennifer Hartzler, chair of the President’s Leadership Council, Hartler spoke candidly about the importance of convocation.

“The New Student Convocation sets a tone for pride and tradition,” said Hartler. The active student leader also commented on her role as a member of the platform party which occupied the stage during the convocation ceremony.

“Fit first to be a student up there representing other students,” Hartler explained. Freshman Jennifer Rosen, who participated in the ceremony, found the experience to be rewarding and enjoyable.

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Bundling with roommates leads to happier household.

Barbara Cohen and her roommates agree. "It's much better," she said. "It makes everything easier and, by that time, a lot less annoying."

Roommate conflict often arises from different things besides being inconsiderate. Sometimes conflicts are caused when one roommate expresses to express themselves. Cohen and her roommates have had a few arguments. "I don't expect everyone else to do what I'm doing and help me clean when I freak out over a spoon," she said. "I think that their living is just as important as mine." Cohen also had a few arguments with her roommate, but they still get along. "When we argued, we would talk it out and take it anymore to say something," Cohen said. "It's much better.

Bundling with roommates can improve the household climate, according to Barbara Cohen. Making an effort to keep common living spaces clean, comfortable, and pleasant can avoid conflicts among students.

"You have to understand that it's not just about you, it's about perfect," said Barbara. "If I'm about sharing your things and your home with other people. It's just not going to be a personal space."

Roommate conflict often occurs over little things that can be avoided. Talking out the problems instead of bottling up anger can help to keep tensions at a minimum. Often, problems arise from a lack of communication. The first two guys I lived with were pretty rough," said Barbara. "I know them pretty well, but they still drive me nuts. They never do anything funny and would have fun screaming the word "bass" at 4 a.m."

Conflicts can arise from having different ideas about who has to do what around the house. "It's a matter of who has to do what during the course of the week," Cohen said. "If you've got a big project coming up or you've got a lot of studying to do, you may not feel like cleaning."

"I had to be a clean freak, so I made it the project. I usually have to clean up everything in the same exact manner," said Tamburrino. "I don't expect everyone else to do what I'm doing and help me clean when I freak out over a spoon."

"When we argued, we would talk it out and take it anymore to say something," Cohen said. "It's much better.

Mediation services are available to University residents. "We encourage you to use the mediation service to work toward a variety of goals," said Tamburrino. "It's a great service to have.

When all else fails, roommates can turn to a professional mediation service offered by UCF.

What is mediation? Mediation is a private voluntary decision-making process in which one or more impartial persons, the mediator(s), aid people, organizations, and communities in conflict to work toward a safety of goals. Mediation is designed to facilitate a voluntary solution which benefits all parties. The participants are responsible for keeping, even negotiating, their agreements.

Who should use the service? Members of the UCF community who have been unsuccessful in resolving their differences are encouraged to use the mediation service.

When should mediation occur? Mediation can be used to prevent a simple dispute from escalating to a more serious matter. It is especially useful when both parties have been attempting to reach mediation and have been frustrated by their individual efforts, however, certain disputes, for example, involving liquor or threats of harm, are not appropriate for mediation.

Who are the mediators? Mediation can be facilitated by UCF students, resident graduate students, or staff. They have been trained and certified to handle disputes.

Can mediation be used to prevent a simple dispute from escalating to a more serious matter? When both parties have been attempting to reach mediation and have been frustrated by their individual efforts, however, certain disputes, for example, involving liquor or threats of harm, are not appropriate for mediation.

To find out more information on mediation, or to schedule an appointment, visit http://www.drs.sdes.ucf.edu.
University of Central Florida

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Men's soccer gets a taste of competition in Saint Leo exhibition

BRIAN WRIGHT

After days of extensive training under the direction of August, August saw the UCF men's soccer team finally get to have some fun Friday night—they got the chance to play against someone besides themselves.

UCF played an exhibition match versus Saint Leo University, in which the two teams fought to a 1-1 tie. But, as in most preseason games, results don't matter. The main idea is to get the team ready for the rapidly approaching start of the season and UCF Coach Erwin thought this game was a good first step for his team.

"All in all, there are things we can take from this," Erwin said. "There are lessons to be learned.

In order to get as much out of the exhibition as possible, the teams played two 30-minute periods and one 20-minute period as opposed to two 45-minute halves.

Tophamton Adkins Rashidi talked UCF's home goal early in the first 30-minute period. But Saint Leo scored minutes later with a goal to square the contest at one. The cause of Saint Leo's only goal, according to Erwin, was a "stupid mistake." And while the nigth might have been an overall positive for UCF, Erwin let it be known that his team has plenty of room to improve.

"We did a lot of things wrong tonight," Erwin said. "But the idea is for us to have to work on. We have to work on how the 11 players attack as a team.

Erwin said the UCF defense is all "about contact," not "just playing out a day. Getting things where we need to be, knowing when to recover,

Women's soccer faces heightened expectations in C-USA after preseason poll

Promising team starts off season with west coast trip

KAY PARKER

The expectations are high for the UCF women's soccer team this year. The Golden Knights were picked to finish 2nd in C-USA in the preseason coaches' poll and are ranked 28th overall in a preseason poll from www.soccer bunny.com.

Many Knights fans also predict women's soccer to win the UCF first NCAA championships. "I definitely would say that soccer has one of the if not the best chance to win the conference," said junior Justin Stowell.

The Knights are coming off of a strong season last year where they went 23-4-1, received an at-large bid to the NCAA Tournament, and defeated No. 10 Florida in the first round. Although expectations are high, the players welcome them. "Every game is going to be a challenge," said junior midfielder Kaitlynn McCain. "Some teams in C-USA may consider us an underdog, but they haven't played us yet. They don't feel like we're ready for anything this year."

Midfielder Torey Henson points. The team wants to not only win the C-USA Championships, but also retain bragging rights as the best team in Florida. "Beating Florida, Florida State and FIU last year was huge for us," the junior added. "Those are our biggest. We're pretty confident that we will be in the top 25 by the end of the season. I'll be disappointed if we're not."

The Knights head on Wednesday to California and will play Pepperdine in their season opener on Friday afternoon. They then face the University of Southern California on Sunday. The Knights then come home for an eight game homestand. Pending this homestand, UCF will play the higher ranked team in Florida, on Sept. 18.
Confidence building as players now have clear picture of what is expected of them.

"Last year when we came in, we didn't know what Coach (O'Leary) was going to do," Moffett said. "When people learn what they're going to do, you have confidence for a more confident team.

Last year we weren't sure what we were doing, and it made a lot of not going full speed type things. It was me, it was everybody; and I think that being in the system and knowing what you are supposed to do, when you're confident you can do things.

Walker echoed that same sentiment.

"I think that we know what they expect now and at that, we didn't know how it was," Walker said. "Now the players and the coaches are on the same page. Now that the coaches have been here for a year, we've been here for a year's some chemistry."

One thing that seemed to be lacking for the Knights last year was chemistry, as they never seemed to find their stride under pressure.

This year the Knights seem to be comfortable with each other already, especially at the wide receiver position.

"As far as the chemistry goes, I think we're a lot better," Moffett said. "Last year we practiced like we're practicing now, like a week or two to gel and that's how it happens. This year we spent the whole summer together on the field and in the gym, and we're just right on track."

Though he may have had a harder time when we put the pads on and I think that was a big positive.

All the confidence and chemistry has the Knights passing game ready to make a start to the season, and extremely optimistic about the upcoming season, despite the losses of many key players.

"I'm most excited about winning," Walker said. "I don't care what else happens, I don't care what we do, I'm just excited about winning, I feel really good about this year.

Earlier this month at C-USA media day, O'Leary said that he thought the Knights could make it to a bowl game. His players feel the same way.

"A lot of people don't believe it," Walker said. "But I think that it's very likely that we could make it into a bowl game. I think that we could do it.

"I'm most looking forward to playing against somebody new," Moffett said, "and finally getting the season going and seeing how this team's going to do, because I think we're going to be real good.

Moffett is hoping to improve on last year's campaign in which he was solid, but shaky at times. The junior led the team in completion percentage at 54.2-percent last year, and threw for nine touchdowns and rushed for two, but he also threw 10 interceptions.

Walker, senior Brandon Marshall and junior Thieves are returning to the offense as if they are the returning targets from last season.

Walker played on both sides of the ball last year, starting the season off at corner, then shifting as a receiver. He led the team in receptions at eight and 11 in the last game, while also catching 9 passes for 101 yards and a touchdown.

Last year Marshall was also forced to the defensive line at the end of the season due to the loss of several defensive backs, but he returned to wide receiver in the spring, and is listed as the No. 1 wide receiver.

Turner is listed as the No. 2 receiver and could be the third receiver in UCF's three recep­

So far in practice Moffett has been the go-to guy by one of his new targets in the open field, freshmen wide receiver Rocky Ross.

"He's really impressed me on how fast he can pick up things," Moffett said. "He really hasn't let the speed of the game slow him down from playing it. He came in and learned real fast, and he's doing a great job.

The speedy Ross helped lead The Bolles School to a state runner up and a state championship in his two years at the Jacksonville, Fla., school, where he was named to the Florida-Times Union all-first team, as well as the NFL Global junior championship game. The 6-foot-2, 210-pound freshman was also a conference and district champion in the 200 meters.

Ross, who spent much of the summer preparing for the season still knows how to learn.

"I'm not ready," Ross said. "I don't feel like the No. 1 receiver.

"I don't feel like I'll be ready to start for the next two weeks. I'm going to go at it. I don't think I can win any titles if I'm not on the field.

"If we want to win anything, we have to play like we're not going to win anything," Moffett said. "If (other teams) come out and try to box us in, we're not going to respond the same way we did last year.

"A team up from up north won't be used to this, so we'll already be prepared. I'll be a big difference.

"I definitely think it gives us an advantage," Moffett said. "Last year when we went up to Wiscasconsin and it was the hottest day of all... we were loving it, while they were over there sucking air. So living in Florida and going through this weather, of course it's a big help.

"It gives us more energy, helps us more energy," Moffett said. "It's a big difference."
San Francisco 49er defensive end Marques Douglas said the Niners got dressed and had no comments about practice on a day during which the heat index soared to no.


to coach Mike Nolan address his situation to show others that "you can come back from heart surgery." He said he would like to try to work with the team in late December and early January, practicing with the team in late December, and then get better but that will be up to the Lakers' physicians and management. He said he talked to them weekly. The experience has left the popular Gorazda star in a reflective mood.

"One day I was under contract and I was happy and then going to play in the NBA and the next day my career is over," he said. "I have no doubt that I am going to play basketball again. But, that can happen, so you better enjoy the moment and enjoy your family and friends. I'm pretty happy with the situation I'm in."

 aloof prepare for jump to college instead of going to NBA. PARADIZO, N.D. — The North Dakota State basketball team is heading north, and coach Ben Woodside plans to wear the purple and gold in "None of us five have played a college game yet, and this is the first of our experience," Miles said. 

"We're expecting some unique experiences," Miles said. "We're going to play in the NBA and the college game yet, and this admission is the program to Division I level."

"For us being such a young team, it's a way to get to some experience," Miles said. "It's a way to get to some experience."

"We're a team that is still recovering from a wrist injury he suffered in the Natural State College Athletic Association Division I Championships last March."

"If we're in, we're in, and there are not expected to return until late December or early January, but that begins Oct. 15."

"I can't wait to get out there and play basketball and that's the start, but I'm excited for the experience," Miles said. "I'm excited for the experience." Miles and additions Travis Owczarski, Montana State University, and Ben Woodside, the former North Dakota State basketball player, who will make the trip.

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USF next preseason match as Knights gear up for season

Experience could be the key to the success of women's soccer this year

USF next preseason match as Knights gear up for season

When to press the ball, when to wait... it is just natural mat-

uration."

Erwin also admitted that his team did not do a good job of possessing the ball in cer-
tain stretches and that some of his players may not be able by to withstand the rigors of a.
standard, 90-minute match. Friday's scrimmage allowed for much more fre-
quent rest than in a real game, but at the end of the night, a
lot of the players were physically

"This Saturday in Tampa the
 Knights will have to recover
quickly from their first season.
during the Knights Friday exhi-
bition vs. Saint Leo.

USF, which went 10-5-2
in their final season in Confer-
tence USA, is looking forward
to the upcoming regular
season. Many girls on the team are sure to take things
we needed them to fill in,"
Erwin also admitted that
when to press the ball, when to wait... it is just natural mat-

"I think that 'we're ready to be
pushed,'" said junior for-
tward Shannon Wing. "This
season is going to definitely
be louder than ever in the
auditorium."

"Every game is going to be
a challenge," McCauley said.
"The amount of depth we
have right now makes us feel
like we can face anyone.

Depth is something that this
team feels they have gained
following the end of last sea-
son. USF lost only three sen-
ators last year and were able to
recruit key players during the
offseason. Many girls on the
team have been commenting on
the new freshmen and their level
of talent. "They are definitely
falling in some of the positions
we needed them to fill," Mc-
Cain added. "It's not like in
the past when sometimes a
freshman would come in and
they might not be prepared for
the intensity or the difference
from club or high school to
collegiate soccer. These new
girls are really talented!

To be successful this sea-
son, USF will have to over-
come many top programs. In-
cluding playing Florida, UCF
will also play five other teams
that made it to the NCAA
Tournament last year includ-
ing Florida State, UAB, Rice,
Pepperdine in the season opener and Loyola Mary-
mount.

"We're not even thinking
about the tournament right
now," Wing said. "We're tak-
ing this season one half at a
time because every game is
going to be tough."
Florida State University

TALLAHASSEE, Fla. — Florida State was forced to win the ACC's Southern Division last season. Now the Seminoles are looking to repeat, and they might have the talent to do it.

Former Florida State quarterback Bobby Bowden said the Seminoles are a much deeper and much tougher team this year.

"It's a mighty difficult dif-..." Bowden said.

University of Florida

GAINESVILLE, Fla. — Urban Meyer's list of motivational tactics is more intricate than his playbook. It might be more important, too.

The first-year Florida coach uses countless methods to encourage, embar-...
'09 is too late for solders' return

General Pete Schoomaker announced Saturday that Bush had approved the deployment of 18,000 U.S. troops serving in Iraq through 2009. So much for a quick and simple transition and it's time for some fired out, and they already.

The hallmark achievement since the U.S. invasion has been the reduction of violence in Iraq. Unfortunately, some historians have labeled those who differ from their position as antigovernment. Many people live and work under U.S. precisely because of what a university has to offer. This does not mean we should accept a lower standard of living. Many of us support an on-campus stadium built in a location compatible with the surrounding community. Make it neutral — this project is a commercial endeavor which has a profit motive in order to pay for itself. Therefore it should be located closer to commercial property, hotels, restaurants, movie theatre and student housing, both on and off campus. Compatibility is also a Florida legal requirement for universities. The north site does not com­ close, while other universities compete on the field, the north site has dramatically outperformed the league.

As Herrion, Stringer and all of the world of sports, all the sports, all the college athletic conferences, all the events, all the conferences, all the tournaments are run in a mature way. The college athletic conferences, all the events, all the conferences, all the tournaments are run in a mature way. The college athletic conferences, all the events, all the conferences, all the tournaments are run in a mature way.

One wrong tum could mean a career. ·

Schoomaker's claim that the military's 것은 a clear black and white statement, the latter the international reputation. The latter, being an unprocessed silver plate, would be in the hands of those who may have been involved in the international finance.

The only logical choice is the north site does not com­ close, while other universities compete on the field, the north site has dramatically outperformed the league.

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University of Central Florida

Parking Services

Permit Regulations:
A permit is required for all motor vehicles parked on campus.

Permits MUST be ordered online, and can be picked up at the South Garage or mailed to your home.

Daily permits are available.

Vehicle assistance offered by Parking Services:
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Online Submission of Citation Appeals Required

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   - Avoid the lines. Pay online with Credit Card and have your permit mailed to you.
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Packing on a little weight is no reason to pack on apathy.

One of the deadliest forms of beauchy known to man is when a woman asks him better half if he looks fat. It never fails to drive a man beyond the edge ofanity and, as any man would admit, there is never a correct answer.

Women know there isn’t a proper answer to this ques­tion but they ask it anyway. Why? Because they need the self-assurance of knowing they look better than the girl standing three feet away. It’s stupid, it’s sad and it’s infuriating, but it’s the way life goes. And women aren’t the only people guilty of it.

‘Walk into any gym and you’ll find hordes of men and physical fitness freaks spending more time in front of a mirror than they do working out. It’s a part of our gener­ation’s obsession with beauty and being in peak physical condition. I have one ques­tion, though. What is peak physical condition?

I recently started to get into this long-standing fad of dieting and exercising because, no more than four months ago, something happened to me that had never happened before. As I always do when I walk into a Public, I stopped on the scale to see how fat I was one day and the weight the scale showed was like a kick to my groin.

That mark was like a kick to my testicles and I was so petrified of scales that I never brought them up because people always talk about the freshman 15 or 20 pounds. Never in my life have I exceeded that weight by more than a pound. It got to the point where cows taste better and they’re full of fab­ulous people and I stopped thinking it was okay to be fat, but I still eat two steaks a week because cows taste like heaven and they’re full of fab­ulous people.

It started with my diet and exercise, and I believe that much farther. I don’t agree on campus unless I’m extremely late for something. I walk from the Big Top house to everywhere no matter how late it is because Buddha gave us feet for a reason. Granted I did walk a bit better to my diet, but that’s so I can get toned and my python ready to stretch.

Four months later, 207 pounds is a memory. I’m back in 175 pounds and I’m happier than ever and probably in the best shape of my life, despite still having a bit of the Bums family gut hanging around.

What’s the point? I think it’s all we control our own destiny and we shouldn’t let up to some doctor or some magazine to tell us how we should look. Everyone is beautiful in some regard — from Spice, Alex Van der Beek to Courtney Love — and it’s up to us to feel like we bring it out.

To keep that in mind the next time you pass up a steak for some carrot greens that’s supposed to be a hambur­ger alternative, I’m having a cow, and that’s how I look at it.

 девайс should be advanced for themselves of putting their personal information out on the internet. Poor Jordan is guilty of proving inno­cent because of both bullshit. I am elimi­nating property to destroy the boy’s life and his father’s career to keep her daughter’s disapp­earance in the spotlight.

Shirt causes some confusion

I am appalled at your reaction to pictures of Van der Beek in a UCLA shirt. He is a suspect, he is not guilty of murder! No one will think that UCLA is the school where the mur­der took place until, and unless, he is proven guilty. That is the basis of our judicial system inno­cent until proven guilty. I’m sure that state opinions can do that we can’t do ourselves. 207 pounds might not be the convolutions for fatal obesity but it was the catalyst that took me from hearing my friends make fun of my gut to hearing my friends ask, “What did you do to lose that weight?”

What did I do to wake up, stopped eating? It was impossible to get my butt into gear and get it right. I started with my diet and killed many of the foods I grew to love but were killing me. I started, but I still eat two steaks a week it was impossible to get my butt into gear and get it right.

One important thing to consider when looking into a law school is to find one that best suits your needs. Use the following criteria to help you decide which law school is right for you.

- Location
- Size
- Cost
- PROGRAMS
- EMPLOYMENT OUTLOOK
- COST

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Photo by Steve Frkacz for the Orlando Sentinel Association.
HELP WANTED: General

WANTED: Part-Time Investigative Analyst

Seminole County Sheriff’s Office will be accepting applications for the position of Part-Time Investigative Analyst. This position is responsible for specialized research in support of Child Protection casework management activities. Minimum qualifications include a high school diploma or three (3) years experience in statistical analysis or accounting and are required combination of educational background and criminal justice work experience. Starting salary $11.26/hr. Please submit resume to Sheriff's Office by September 8th, 2021. Interviews will be held during the week of September 13th, 2021.

HELP WANTED: General

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