USP - 31 UCF - 14

RUNNING OF THE BULLS

Despite bad game for UCF, rivalry with USF holds plenty of benefits for both

ASHLEY BURNS
Managing Editor

Heading into Saturday's first-ever matchup with the University of South Florida, Bulls' football fans were anxious to see what they believed would be the beginning of a new rivalry.

USF fans didn't agree. Some of them did, but the majority of Ball Nation were convinced that USF didn't even belong in the same sentence, let alone face, USF. The Bulls' 31-14 trouncing of the Knights solidified that the USF-USF rivalry was here to stay.

One of those fans was Robert Landry, who has publicly supported the student government's spending. While he supported the use of student government funds to pay for the expenses, he was not satisfied with the event's promotion.

"I'm quite vocal as far as seeing that USF and USF was gracious to attendance, and if it's not enough to convince the USF brass that this rivalry is beneficial for both sides, thousands of USF fans made the journey from Orlando to watch the Knights enter their own stadium - as always, the loudest in the nation.

While the outcome undoubtedly left all of them disappointed in some way as the beginning of something big.

This is something that's very near and dear to me," Landry said. "It's something that should happen annually. Every school needs a rival that they can say, "We hate them or we love to hate them.'"

The Bulls' victory over UCF in its wake. There were painted faces and painted bodies, eager post tickets and party hats.

Cheer, cheer, USF! Cheer, cheer, USF!"
Counselor urges balanced lifestyle

icki Dunlap, director of Career Services at UCF, is available to provide counseling to students interested in professional development. Dunlap is located in the 420 Building and can be reached at 407-823-5211.

Dunlap recommends that students set realistic goals for their careers and maintain a balance between work and personal life. She advises students to prioritize their tasks and manage their time effectively. Dunlap also suggests that students seek feedback from mentors and network with professionals in their field.

For more information, contact Dunlap or visit the Career Services website at ucf.edu/careerservices.
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Nokia

PARTY 5 NIGHTS A WEEK AT CLUB PARIS

9/19—9/23

Upcoming
“A Knight for Relief”
sponsored by SGA.
Enjoy live music and
entertainment from
UCF students and
local bands
while helping the
those affected by
Hurricane Katrina.
Pegasus Ballroom,
7pm, September 30.

For more info on UCF relief efforts, go to www.ucf.edu
and click on the “spotlight” photo.

Monday, 9/19
7pm, CAB Speakers presents Dr. Dunphy “Get a
Kick out of Motivation,” Pegasus DEF

Tuesday, 9/20
12 - 2pm, Volunteer Expo, SU Patio
8pm, CAB Comedy brings you Demetri Martin,
Wackadoo’s

Wednesday, 9/21
11am - 3pm, MSC Expo, “Wave Em High:
Represent with Pride” Pegasus Ballroom.
Flag day with live cultural performances, food,
opportunities to learn about different cultures
and represent your own culture with pride. All
attendees should wear clothing with their
culture’s flag if possible.
8pm, CAB Cinema presents “Fight Club,”
Key West 218

Sunday, 9/25
7pm - 11pm, HASA presents Latin Poetry Night
at Natura Cafe
Mississippi universities suffer
$700 million in hurricane damage

ASSOCIATED PRESS

professor after she took time
fessor Laurie Freeman in
allegedly denying tenure to a
admonished by federal anti­
discrimination watchdogs for
conference call during Thurs­
day.

higher education officials on

Thursday.

were told.

The bored board meet­
ing was conducted largely by
telephone conference.

Thames was joined by offi­
cials from other universities
around the state in offering
damages assessments to the
board.

Parents sue after student falls
to death from dormitory window

KANSA S CITY, Kan. — An
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Eric D. Thames fell to his death in September after he climbed out the
window of his seventh-floor dor­
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If your dorm room companion doesn't have an "oW" switch, get headphones from Newegg.com - the online superstore with great prices and unbelievable fast shipping on thousands of tech products, from MP3 players and video games to PC components and notebooks. Enter for a chance to win a computer and cool tech gear, no sweepstakes entry, rules and regulations, visit collegeclub.com/Newegg.

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You CAN make a difference.
Students troubled by extra spending, lack of control.

UFC Counseling Center offers advice on coping.

She said she found out that her friend had been in a car accident and could not go home to help. She was worried about her friend's welfare.

"They don't even know what to do. They're not sure if they're going to be able to help," she said.

She decided to stay home and keep her mind off the situation. According to Larry Martin, a psychologist at UFC's counseling center, it's important to maintain a routine when dealing with a traumatic situation and to talk to other people for support.

"Talking to someone in the same situation gives you the opportunity to talk through your feelings," he said.

He added that people should not watch too much coverage of the hurricane.

"People get overloaded with the media's coverage of the hurricane," he said. "It's OK to put on limits. People need something that helps to help or offer a distraction for a moment.

Helping is something Red Cross volunteer Cheryl Heber takes to heart. She helped with the relief effort during the recent hurricanes that hit Florida last year.

"I was at the University of South Florida," she said. "I was at work when she heard about the destruction Katrina caused.

"When you do Red Cross, you get to say no to the Weather Channel," she said. "I was like, 'No, there was going to be a need.'

She had been volunteering with the relief effort for more than three weeks, and then she had to go back to work.

"I was like, 'God, people are doing great work,'" he said.

He added that people should believe in what they are doing and that it makes a difference.

"People need to stop thinking, 'I can't do it,'" he said.

"I'm back in school," he said.

"I want to help other people," he said.

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The following is a summary of the events and information mentioned in the text:

**Event:**

- The University of Central Florida (UCF) students have been volunteering at the CF Counseling Center to help people cope with the aftermath of Hurricane Katrina.

**Advice:***

-高峰期时，学生可能会感到压力和焦虑，这是非常正常的。

-重要的是要认识到自己的感受，并寻求支持。可以寻求朋友、家人或专业的心理健康服务。

- 如果感到无法应对，可以寻求专业帮助，如心理健康服务提供者。

- 保持良好的睡眠和饮食习惯，进行适量的运动，有助于缓解压力。

- 可以通过冥想、深呼吸或瑜伽等活动来放松。

**Tips:**

- 与他人分享感受，可以帮助减轻压力。可以与朋友、家人或心理健康专业人士交谈。

- 保持积极的心态，专注于积极的事情，有助于提高情绪。

- 如果感到压力过大，可以寻求专业帮助，如心理健康服务提供者。

**Conclusion:**

- 通过上述信息，我们可以看到，学生在遇到重大事件时，需要学会如何应对压力和焦虑。

- 保持良好的生活方式和积极的心态，有助于缓解压力。

- 如果感到无法应对，可以寻求专业帮助，如心理健康服务提供者。

- 总之，学生在遇到重大事件时，需要学会如何应对压力和焦虑。
Downtown is a little more hip

AKA Lounge offers solution to lame Wednesdays

JESSICA UNKALD

Have Wednesday nights hit a slump? Looking for some- thing to bring the excite-
ment back to routine midway through the week? AKA Lounge, located on the corner of Magnol ia Street and Pine Avenue in downtown Orlando, offers patrons a hip-
bop experience unknown to the UCF area.

AKA Lounge offers an eclectic atmosphere that gives something to everyone. The bar, which is broken up into three separate rooms, is filled with tall couches, couches, local abstract artwork, a dance floor and two separate bars.

Every Wednesday starting at 9 p.m., AKA Lounge and LeOndeni Entertainment present an underground hip-hop Rock-theMic show featuring popular Orlando artists. “It is a chance to give people a shot to prove themselves,” C-Sty les of Lockhart Entertainment, the promoter for Rock-the-Mic said. “There were some real talent that moves through here.”

What many people do not know is that Rock-the-Mic has been around for years. “It is the longest-running weekly hip-hop showcase in Orlando,” C-Sty les said. “It has been going on for over four years.”

The performers get a chance to Freestyle in the house of DJ M. Squared, who has openness for well-known hip-hop artists such as the St. Lazareans, G-u and DJ Diplomats.

But performing isn’t the only reason people come to the KKA Lounge. It gives people a chance to chill, enjoy a drink and listen to the local act.

“When people come in, it gives them a chance to witness brand new talent before they make it big,” Disaster of Lockhart Entertainment, said. “It is their chance to witness some up and coming talent.”

Jason Guerra, who owner Lockhart Entertainment, recently started promoting Rock-the-Mic due to AKA Lounge’s diversity in Orlando. “There aren’t a lot of places around here that are like this,” Guerra said. “It is more high class with artwork but with hip-hop music. It’s like a good house party.”

Because of its relaxed atmosphere, the AKA Lounge offers an enjoyable time in everybody regardless of their taste in music. “You can come and enjoy yourself because it is an alternative from the clubs,” C-Sty les said. “It is more high class, artwork but with hip hop music.”

If you are interested in performing at the AKA Lounge, contact C-Sty les at 407-592-4006 or Jason Guerra at 407-956-0158.

Missing relatives and loved ones posted on Katrina sites

“We’re missing relatives and friends that can take them in or find a place to live,” C-Styles, of Rock-the-Mic, said. “We are trying to get ahold of people that need help.”

As of Sept. 17, citizens had access to two Web sites put up by Hurricane Katrina victims, local and displaced. The sites are www.katrina.org and www.moveon.org. The sites are popular among many that need help.

As of Sept. 17, the Phoenix Katania Survival Web site offered help for those who needed help after Hurricane Katrina. The site provided the names and addresses that should have come from the Red Cross. The site offered users tips like calling a toll-free number to obtain more information. The voulenteer on that toll-free number said “We have no information at the time and disconnected all callers.”

Robert Gary said his Web site would not disappear once the media coverage subsides. “If we’re not going anywhere then the people need to know and we want to be there for them,” he said.

Not all victims have family or friends that can take them in or find a place to live. Sometimes, people have found places to stay and be part of the scene.”

“We’re not a whole lot we can do but we can’t even offer our own beds,” Patricia Hunt said. “We went through the fire share of storms last year with the hurricanes here, and I just can’t imagine what these people are going through.”

She said that though she and her husband have been down in taking a storm, it is impor- tant to come together and be supportive of fellow U.S. citizens.

“Our biggest fear is what we will get,” Patricia Hunt said. “That we might not get along with something because we lost the Army and I just can’t imagine.”

“We are a small family and we don’t have that much that is that expensive, but they are precious to us.”

As of Sept. 17, citizens had volunteered more than 30,000 donations in 304 cities. The organizations also operating hotline: 1-800-638-4559 to help victims reach help or cannot access the Web site.

Some of the sites put victims in touch with friends, family or a complete stranger who can help them get started. “When someone first came in, we just made a fist with a friendly hand is holding onto them,” C-Styles said.

If you do not wish to donate through our drive please select an alternative method.

Together our thoughts and prayers are with those who have felt the terrible effects of Hurricane Katrina and we hope that normalcy will be restored soon.

Sincerely,

Central Florida Future

HOW TO LEAD A HELPING HAND BY MAKING A DONATION

Visit the Student Union, Wed., Sept. 21, from 10 a.m. to 3 p.m. to make a donation. Look for the Central Florida Future tent.

The Central Florida Future is accepting cash or checks. To donate other items, contact the local Red Cross at http://centralflorida.redcross.org. For further information regarding the Central Florida Future benefit call 703-443-4515.
UCF ranks among cheapest schools

Financial aid, lower cost of living make Florida schools better value

VANESSA BERNSTEIN (AP)

UCF ranked No. 9 on the college board's 2004-05 list of 10 most inexpensive public schools in the nation. Also on the list are UF, FAU, PAMU, and UCF. "Priceed at a budget-eligible $3,800 per year, UCF and just about every other pub­lic post-secondary school in Florida, is a good deal."

"Since many students receive some sort of aid, whether it is federal, state (Florida Future), private, or parental, the cost to the average student is significantly less."

So why are Florida students getting such a good deal? Political science department professor Robert Bass theorizes that inexpensive public education may be a vestige of the tradi­tional southern low cost of living.

"It generally is less expen­sive to live in the south," he said. "I would speculate that the other factors, such as climate, may be not as prevalent in the south as much as it would be to have something to do with how people are paid."

Political science major Joan Maldonado agreed. "We have a lower standard of living here," she said. "It is cheaper to live here because.

One economic advantage that sets Florida apart from other states is its lack of a state tax income tax, which contributes to a lower cost of living. Students from other states are still deprived of sleep in pre­vious days. One economic advantage that sets Florida apart from other states is its lack of a state tax income tax, which contributes to a lower cost of living. Students from other states.

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"It may be a student's way of making light of the situation, the way the system was designed," according to Bass. Florida's low cost of living, rela­tively few unions and other money saving attributes are what makes it possible for UCF to currently build.

"Work that is done in and on an institution, buildings and things like that, cost more to build (in other states) because of materials, labor unions and because of rules and regulations that are in place," Bass said.

Besides the inexpensive education and living edge facilities, Florida residents also have the benefit of the Bright Futures Program.

"It is the release of growth hormone which is a mark of sleep deprivation. If you get too little sleep during the night, you have not had enough sleep. If you stress, your body temperature and can body temperature and can carry out math calculations. If you get too much sleep during the night, you have too much sleep. If you stress, your body temperature and can carry out math calculations.

Why sleep deprivation is danger­eas.

• Hand-eye coordination is as bad as or worse than if you are intoxicated.

• A lack of sleep can impair your judgment.

• Sleep loss can lead to mood and memory problems.

What a lack of sleep does for you

• Animal studies show that sleep is necessary for survival. Sleep deprivation affects the brain's" system. It is needed for our nervous system to work properly.

• Too little sleep leaves us drowsy and unable to concen­trate the next day.

• It also leads to impaired memory and physical performance and reduced ability to carry out math calculations.

• Sleep deprivation also reduces your growth hormone release.

• Many of the body's cells have increased production of growth hormone during sleep.

Since protein is the building blocks needed for cell growth and for repair of damage done to the body, sleep may truly be "beauty sleep."

Also, activity in parts of the brain is reduced during sleep. Since sleep and wakeful­ness are influenced by differ­ent neurotransmitters in the brain, foods and medicines that change the balance of these signals also affect whether we feel alert or drowsy and how well we sleep.

Sleep deprivation also makes us more susceptible to substances such as coffee, soda or diet pills can cause insomnia.

Good tips for a good night's sleep

• Set a schedule to go to bed at the same time each night and get up at the same time each morning.

• Don't drink caffeine, nicotine, alcohol and foods with high sugar content.

• Exercise for at least 30 minutes a day.

• Take scheduled naps.

• Eat protein rich foods at lunch.

• Maintain a regular sleep routine.

• Avoid "sleeping in" on weekends, making it harder to wake up on Monday morning. Let your body sleep for a day after a long sleepless night.

• Daytime exercise is a good idea. Running or taking a walk will help you sleep better.

• Spending a little time in sunlight helps the body's internal biological clock reset itself each day.

• Don't drink in bed. Alcohol is a stimulant and can interrupt your sleep.

• Water intake is essential.
Running game helps USF overpower UCF

SPORTS

The day after UCF was crushed by USF in the first game of the season, players woke up with that terrible empty feeling in my stomach.

I remember having a similar feeling on my seventh birthday, when I was absolutely convinced I was going to get the Ghostbusters ghostmobile (aka Ecto-1), but instead I got stuck with some legos.

Well, this day I had that same feeling, but worse, because along with the disappointment there was embarrassment.

I never felt more ashamed to be wearing a UCF shirt than I did in Raymond James Stadium on Saturday night.

The Knights came out as if the game was over by halftime, and little kids sneaked on as I walked back to the press box. Then they heard how pathetic UCF football has become.

In this 28-point loss, the defending champs were outscored by the Bulls. The last time the Knights faced USF, they won by 28 points.

The Knights were outgained 506-221, and USF outrebounded (41-32) and outpassed (20-6) the Knights.

The Knights have lost 16 straight games against USF, the most in college football.

Knights head coach George O’Leary said, “There should have been steps. I thought we looked sluggish right away.”

The halftime innuendo did little to help the Knights.

“Tampa’s really good in the first game, but USF is going to be tough. Last week, there have been countless top 20 outcomes, like Ohio State losing to SDSU, or Primer’s missed extra point against Ohio on Homecoming. But no moment compares to the attack we put on UCF in Tampa Saturday night. This game looks a lot different on why the coaching staff is let down. It’s only the first 11 minutes of a more two practices a week. When the media are kid every week at a news conference that the team has turned a corner, or is really looking good, the coaches don’t want to hear it, there is no evidence to prove otherwise.

It’s probably for the best, because if any other football team were to see what the Knights were doing in these top 20 practices, the game could be ruined forever.

Six minutes in, the Bulls just knocked the Knights, believing that they have every reason to feel confident. USF’s running attack cut through UCF’s defense like a hot knife through butter; for a proponent of 360 yards. By comparison, UCF was held to 14 yards on the ground and two touchdowns as USF raced to a 23-0 halftime lead.

“TAMPA — If the UCF football team seemingly took a step forward in its opening game of the season at South Carolina, then the Knights surely took a huge step back in their loss to the University of South Florida Saturday night.

In the first-ever game between teams that have been built up as natural rivals, USF established the two-game early and it proved to be the Knights undoing as UCF fell 3-14 at the hands of the Bulls in front of 66,319 at Raymond James Stadium in Tampa.

The crowd, which was the most ever to see a USF football game at Raymond James Stadium, saw center tackle Adam Hall load the way for the Bulls.

Hall had 65 yards rushing and a touchdown in the first half alone, as the Bulls running attack turned over the Knights’ defense for 165 yards on the ground and two touchdowns as USF raced to a 23-0 halftime lead.

“They’re extremely disappointed in our outfitting them," UCF Coach George O’Leary said. “There were just too many first down given on plays that should have been stops. I thought we looked sluggish right away.”

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“Tampa’s really good in the first game, but USF is going to be tough. Last week, there have been countless top 20 outcomes, like Ohio State losing to SDSU, or Primer’s missed extra point against Ohio on Homecoming. But no moment compares to the attack we put on UCF in Tampa Saturday night. This game looks a lot different on why the coaching staff is let down. It’s only the first 11 minutes of a more two practices a week. When the media are kid every week at a news conference that the team has turned a corner, or is really looking good, the coaches don’t want to hear it, there is no evidence to prove otherwise.

It’s probably for the best, because if any other football team were to see what the Knights were doing in these top 20 practices, the game could be ruined forever.

Six minutes in, the Bulls just knocked the Knights, believing that they have every reason to feel confident. USF’s running attack cut through UCF’s defense like a hot knife through butter; for a proponent of 360 yards. By comparison, UCF was held to 14 yards on the ground and two touchdowns as USF raced to a 23-0 halftime lead.

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UCF Colden Hall run play through the UCF defense in the first half of Saturday's UCF-LSU game. The Tigers scored five touchdowns on the 208 total yards of the game. But it only took 14 against them, 14-of-16 for 147 yards in 12 plays and a 3-yard touchdown. He also ran 11 times with 61 yards, to leave no doubt about his connection for the pair, and it lead to 19-12.

UCF QB EDDIE PENSACOLA

By the time the game was over McNeal also ran for 158 yards and running back Jerious Norwood to 150, UCF Athletcs Association, Inc.

Kings at Hall and the USF running backs continued to have their way in the third quarter. Hall continued to make the UCF defensive line in the third quarter as he picked up another 39 yards to finish with a total of 106 yards and two touchdowns. Mercifully unable to record a sack of Moffett. The 6-foot-3 junior hall was sacked four times.

The Knights return to the field for their first time in a game. It was also the first 300-yard passing performance in McNeal's career.

The teams traded touchdowns to tie the game at 34-34, with Mississippi State in the fourth quarter deficit to tie the game with Mississippi State from the fourth.

The fourth quarter began with a minute at UCF cor­nerback Bryan Tidwell blocked a Gavril Leftbeh passes, giving Palmer and the Miners just seven plays to cover. On the next play, Palmer found Johnnie Lee Higgins in the end zone, but the missed two-point conversion gave the Miners a 14-12 lead at 26:45.

Two UCF turnovers and one UTEP field goal, giving the Miners a 14-0 advantage at halftime. But it only took 14 against them, 14-of-16 for 147 yards in 12 plays and a 3-yard touchdown. He also ran 11 times with 61 yards, to leave no doubt about his connection for the pair, and it lead to 19-12.

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conference USA will bring fresh new challenges
ZACH MOORE (USA Today)

Assistant Coach Sara Farnsworth was named the conference USA coach of the year due to the Knights' 21-14 record. The Knights won 20 games, the most in school history. The Knights also advanced to the championship round of the NCAA Tournament for the first time in school history.

Coach Kirk Speraw knows that every game will be tough for the Knights. Coach Speraw knows that every game will be tough for the Knights. Coach Speraw knows that every game will be tough for the Knights.

The Knights have won the last three meetings against Western Kentucky, Arizona and Arizona State. The Knights have won the last three meetings against Western Kentucky, Arizona and Arizona State. The Knights have won the last three meetings against Western Kentucky, Arizona and Arizona State.

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For the past few weeks, rumors have been circulating about California Governor Arnold Schwarzenegger's intentions for his re-election. Schwarzenegger has expressed interest in running for a second term, but his exact intentions are not clear, as he has not made a formal announcement. However, the state's political landscape has undergone significant changes in recent years, which could impact Schwarzenegger's ability to win re-election.

The current political climate in California is characterized by increasing divisiveness and polarization. The state is currently divided along party lines, with the Republican Party holding a majority in the state legislature. This has led to gridlock and a lack of consensus on important issues, such as education, healthcare, and the economy.

In contrast, California's Democratic Party has been relatively united over the past few years, with a focus on expanding access to healthcare and improving the state's economy. The party's success in recent elections has been due in part to the strong leadership of California's Democratic Party has been relatively united over the past few years, with a focus on expanding access to healthcare and improving the state's economy. The party's success in recent elections has been due in part to the strong leadership of party leaders, such as Governor Jerry Brown, who has been in office since 2011.

If Schwarzenegger chooses to run for re-election, he will likely face a tough challenge from the Democratic Party, which has been gaining strength in recent years. The party has been particularly successful in attracting young voters, who are more likely to support progressive policies. Additionally, the Democratic Party has been effective in mobilizing its base and in winning elections through effective fundraising and campaigning.

Ultimately, the outcome of the re-election campaign will depend on several factors, including the state of the economy, the political climate, and the effectiveness of each candidate's campaign. However, it is clear that California's political landscape is changing, and that the state will continue to be a key battleground in national politics.
Take some blame, Coach, you're taking plenty of money

When George O'Leary was hired as the coach of UCF football almost two years ago, I was glad that someone would finally be cleaning up the football program up. I didn't expect miracles right away because I knew what kind of shape we were in and that it would take a little time to turn this ship around. I also didn't expect a 0-11 season and the nation's longest losing streak, but it was something that I had to take in stride and, like many fans, I rallied with the punchers. That was a lot of rolling because there were way too many punches.

Face it, it's still embarrassing. It's a stigma that UCF fans should have to deal with again. Well, strap on your seatbelts, Knight fans, because there were way too many punches.

When Saturday's 31-14 loss to USF was over, I brought the paper bag back. Hell, if you can't beat them, join them. So when Mr. O'Leary does it get better? Should we wait until next season? Should I bring the paper bag back from retirement? I hate being pessimistic, but this entire situation flat-out sucks.

Who can hold their heads high when people have to ask their folks to shell out the thousands of UCF football fans are going to have to live with for a long, long time. It's a stigma that UCF fans are going to have to live with for a long, long time.

When a guy is making such money to run a program he better win. This school is ponying up big bucks to watch losers pile up week after week.

Maybe I'm asking too much from our coaches. Oh, wait a second... no, I'm not. We haven't won in almost 700 days. If it keeps up like this, I might just transfer to Prairie View to get that winning feeling back. Or maybe I'll just go to USE. Hell, if you can't beat them, join them.

A university's pride is centered on two things: academic excellence and athletic prominence. I'm pretty sure UCF has the whole academic thing locked down. Certainly baseball, men's and women's basketball, volleyball, both soccer teams and tennis are doing surprisingly well with winning, but if you look at our own football program, it's lagging behind and barely pulling up the rear.

Is that what this program is all about? Falling behind and barely being able to tread water? Someone needs to do his job and get this school a win already.

How about it, Mr. O'Leary? Is it time to sum that payday check yet?

Ashley Burns can be reached at
ashleyb@ucf.edu

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Must be 21
Bartenders Wanted, must provide 2 years of experience
Must provide proof of liquor server license
Knowledge of liquor & mix学 required
Knowledge of wine & spirits preferred
Exhibit excellent personal appearance, communication skills & people handling skills
Must have strong work ethic, be able to work evenings & weekends
Must have reliable transportation
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Must apply in person
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Must provide proof of liquor server license
Knowledge of liquor & mixology required
Knowledge of wine & spirits preferred
Exhibit excellent personal appearance, communication skills & people handling skills
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