Teachers fight tougher punishment

Their lawyer described it as a "big leap of faith." No one would have been it if I didn't get my degree, Andrews said. "I know this is costly, but it's worth it."
Physical, mental benefits from yoga

TARA YOUNG
SpontaneousWriter

The yoga class hold their breath as they waited for Camp Tener to straighten on his leg, completing the headstand.

A computer science graduate student, Tener actually signed up for classes around the Rec and Wellness Center's yoga classes to make sure he can attend.

For Tener, yoga is "pure and complete bliss." Yoga focuses on bringing mind and body awareness through breathing techniques and different asanas, or yoga poses, and proliferation, improves a person's physical and mental health.

Many UCF students say they use yoga as a tool to rid themselves of stress.

"Practicing yoga" is coming less harmonic and part of getting rid of the disharmony that cloude the daily stuff that we do," senior philosophy major Travis Newbill said. "You can take it beyond the yoga walls.

Spread out on cushioned green mats, looking to the green form of nature sounds through speakers, the yoga class inhaled deeply, filling their lungs with air.

On the instructor's cue, they simultaneously opened their mouths and released the air and then repeated the process. A gain, the gathering logic.

Yoga instructor Charles McEvoy is holding the mental part of it," McEvoy said. "My little theory is that there's a separation between the breath and the mind, so by doing breath concentration on the breathing — breathing, deeply slow, and realizing the breath — it's going to bring some sense of calmness and being to the mind.

"The hard part of course is maintaining that," McEvoy said. He began teaching yoga in 1974 and has taught at UCF for about seven years.

"The students are absolutely awesome," McEvoy said. "I like the university because people are already in a learning mode. They're much more receptive to doing the practices.

"It's like the instructor, some students find that focusing on the breathing techniques, yoga isn't just as beneficial.

"It's wonderful while I'm doing yoga and afterwards and for the rest of the day and maybe two or three days after that," Tener said. "And I found out that people actually practice what they think that... I don't concentrate on the breathing, I don't feel quite as stressful.

Valeria Wislo, coordinator of the event for the Wellness Redbook Program and a specialist at the Counseling Center explained that the breathing techniques of yoga make it an ideal introduction to mindfulness programs that are in need of a stress reliever.

"It allows students to breathe equally and to mindful breathing techniques," Wilson said. "Getting energy in the lungs coupled with physical exercise impacts mood and well-being, which is great stress relief. Also does the breathing techniques, and I certainly recommend it.

In addition to increasing flexibility and toning muscles, yoga also promotes deep into the body's renewing cycle and sleeping, a surplus of physiological benefits. "If you benefit all the bodily systems, the internal organs, the endocrine system, and all those circulation," McEvoy said.

Not only are there vast health benefits to yoga, but it also brings a sensor of control and peace to the body, McEvoy said.

"Once you become more comfortable in your body, you become a more poised person," McEvoy said. "You can present yourself in a much more confident way to whom ever the audience is especially in the work world.

McEvoy said that he believes the continuance gained from yoga gives off an overall better impression in the professional field.

"Yoga is a spiritual side as well. "There is a sense of oneness, and a sense that there is space within that you can tap into by doing these practices," McEvoy said. "Whatamped me is the idea that the goal of yoga is enlightenment or overall, or some kind of spiritual or mental peace."

"And it's not a pie-in-the-sky thing. It's not like you have to wait until you go to heaven or wait until you finally go to heaven, we're already here right now, right now, and I think that the big attraction to yoga is..."

But there are any drawbacks? "Expect you said because it's impossible," Tener said. "What I used to do was do it in yoga and then I'd try it in the programming competition, and I just didn't care about doing it because it was released. It's hard to do because you find a good afterward. Why mess with that? Why try to change?"

Moving slowly and with complete control. Tener removed his right foot from the floor and then the left putting himself in a spaced-out kneeling position. All that's left to finish is the influential headstand position to strengthen his legs. He called the position as a plus. Now the class must stay and know how.

For a list of yoga class times and other programs offered at the Recreation and Wellness Center, visit http://www.ucf.edu/
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Cold Subs

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Ken Greenhouse, a teacher in the Hawkins Consolidated Independent School District, said the mandate doesn’t make sense anymore because most students are working the same hours as adults.

"We have 17 to 18 year olds who are working 60-hour weeks, and that is why we have 15-year-olds holding a job," he said.

"They’re not going to have an educational advantage by forcing them to stay in school," Greenhouse said.

In a similar sentiment, Harold R. Johnson, an attorney in Hawkins and former school-board member, said the idea of mandating school attendance is an "inappropriate intrusion into the lives of our children."
Social norms aim to break misconceptions

activity or habit. This information is then distributed around the university so that students can gauge their behavior with that of their peers.

"In the reason most college students get drunk is because everyone else is getting drunk," Haines said, "so if they hear if they aren’t getting
drunk, they won’t." It’s normal to be healthy, even by college students, and that’s a better day’s secret among college campuses," Haines said, "Good things are
designated."

The social norms approach is also different because it doesn’t focus on the negative aspects of stu-
dents. "The trend in the people who don’t understand is at the university," she said. "It’s a bad idea." 

Located in the new psychology building, the lab is headed by Michael Dejmek and employee agreements to conduct several experiments with alcohol. Their research includes what people believe that alcohol actually does, physiological cues and how advertising plays a role in alcohol con-
mption. According to Hall, researchers believe that peo-
ple have an expectancy that alcohol will make them do things that they actually do. This is also working, physiological cues and how advertising plays a role in alcohol con-
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mption.
Endeavour inspects heat shield

BASHA MAHDI
Associated Press Writer

HUNTSVILLE — Astronauts worked Wednesday for a closer look at a troubling group of foam that fell from the shuttle's heat shield to help determine whether they need to repair the 3-inch wound on the space shuttle's belly.

Astronaut Charles Hobaugh used the international station's robotic arm to pull a 20-to-30-foot-long peeled-off foam from Endeavour's cargo bay and hand it off to the shuttle's robotic arm.

Later in the day, untrained-astronaut Barbara Morgan and commander Tracey Caldwell went to gingerly maneuver the shuttle's robotic arm to scan the damage in the difficult-to-reach belly area.

"Thanks to the whole crew for doing a great job of the data taking," Mission Control told the astronauts once the three-hour inspection ended. "People have a lot of analysis to do now."

The laser will help engineers create a three-dimensional image of the gash, allowing them to determine how deep the gouge is and whether repairs are needed.

The space agency planned to spend several hours on the detailed inspection of the unevenly shaped gouge — which resists two side-by-side tiles and possibly the corner of a third — The gap is 3/2 inches long and just over 2 inches wide.

The laser survey will determine its depth, crucial information mission managers need to decide whether to repair the 3-inch wound on the belly or to fabricate a new one.

"We have a bit of a concern to us because this seems to be something that has happened frequently," Shannon said.

Directly beneath the damage is part of the shuttle's external fuel tank, which would require additional protection during re-entry, Shannon said. He called that a lucky break.

Almost every mission since the 26 years of shuttle flight has ended with groups of at least an inch in the thermal tiles that cover the belly. In one flight, nearly 500 tiles that big were repaired.

The shuttle's belly is exposed to temperatures as high as 2,800 degrees Fahrenheit while passing through the Earth's atmosphere. Shuttle wingtips encounter even more heat, which is why the briefing-room scene from the film "Apollo 13" was illegally damaged when left unrepurred.

Since that disaster, NASA has equipped crews with tile repair kits. Depending on the extent of the damage, astronauts can slap on protective tiles, screw in a shieling panel, or wait in flight gear.

If Endeavour had to make an emergency landing right now, NASA would take the chance based on the risks, Shannon said. Now that the shuttle is using a new heat shield, NASA officials want to cool down more than usual because the fuel cell was able to cool down properly.

"The astronauts were fatigued when the fuel cell popped off at liftoff. Foams are expected to pop off at liftoff, but that was less than ideal," Shannon said. "That's锣 which is why we're evaluating video from cameras retrieved from Endeavour's landing site, Shannon said, "I'm not sure how to redesign the apparatus to mitigate this problem."

"With the gouge is and the fuel cell's monitoring system were changed to prevent the alarm from sounding again, officials said.

Astronauts completed the mission's first spacewalk on Saturday, installing a new addition to the shielding out- port. At least two more spacesuits are prepped.

NASA hopes to keep Endeavour at the space station for at least seven days and quite possibly a second 10 days, as a result of the new system for drawing power from the station.

Mission managers are expected to approve the extra docked days on Tuesday.

Program hopes to get money from donations

For any college student. But for a first-generation college student, such as Kevari, cost can be the breaking point.

Cost can keep a person from enrolling altogether.

Universities and community colleges, according to the UCF Foundation, which handles the collection and disbursement of donated funds, are approaching 3,500 students who qualify.

"We hope remembering this year that we are able to get more money from donations, so we have a higher match level," said Joyce Heinrich, UCF Foundation assistant vice president for Major Gifts. "We're approaching individuals, private businesses and granting agencies to support this program.

UCF handles the needed criteria to qualify for the grant. To receive the grant, a student must be first generation, a Florida resident and seeking an undergraduate degree, all of which are prerequisites already asked by the FAFSA form.

College is not affordable for families that make minimum wage, said Mary Robb, UCF Foundation's assistant director of Development and Donor Relations. The First Generation Matching Grant Program is designed to help students, like Kevari, interested in college.

Kewar now works as a multimedia coordinator at the CCHV Construction, and also freelances for WMFE-TV (PBS Orlando).

"Even when I was a little kid, I always wanted to do broadcast," Kewar said. "Now that I've attended college, I am able to do something I enjoy, which is very fulfilling."

For more information about the First Generation Matching Grant Program, visit www.ucfendow.fundsa.com.
Silent infection because it tends to be a long time before a person would be having signs of infection. They can carry it for a long time without symptoms.

Not all students decide to get tested, said Peter Mastrianni, coordinator of Education, Counseling and Training for UCF Health Services. This is one of the reasons for this cost of testing.

At the Health Center, chlamydia and gonorrhea can be tested at the same time through a urine sample or blood culture, costing $40 with results ready next day.

HIV testing can also be done at the Health Center. Test results range in price and time needed for results. The Western Blot test delivers results in three weeks. The OneQuick test takes only 30 minutes. Both tests cost $40.

The Oral Swab test costs $85. Read results are done within 24 hours. Syphilis testing can cost up to $85.

Vitro said that the difference between testing rendered at the Health Center and that done as Health Services renders to have to do with confidentiality and anonymity.

The Health Center does not require personal information and provides students with a photo ID and a number assigned to a case number to verify results. While full confidentiality is maintained, at the Health Center, all STD tests are added to the patient’s medical record. Mastrianni said some students may feel uncomfortable admitting to getting tested.

"The students need to see some responsibility for themselves and also be checked to be STI[-free] if they are sexually active," Mastrianni stated. "Many students have all these things we’re uncovering talking about... They don’t want to test, they don’t want to see.

In the UCF Health Sciences Spring 2007 conducted by Health Services for the American College Health Association and the American College Health Assessment, 25 percent of both male and female UCF students claimed to be abstinent. According to Mastrianni, said they’ve had one or more partners within the school year, 32 percent said that they use condoms and 53 percent reported using no form of birth control at all.

"Use condoms even if you’re on birth control because there is no other type of birth control that protects against STIs," Mastrianni said. "Get vaccinated and get tested on a regular basis.

Wellness, Recreation and Wellness Center offers free pregnancy tests. Viterbo believes condom use has increased because once girls start taking birth control, it’s a good protection and they’re protected and forget about the possible consequences.

"Well, they’re protected from pregnancy but not from the STIs," Viterbo said. The pharmacy campus has seen an increase in Plan B use the morning after pill also as a choice as condom purchase.

"Plan B it still pill you can take if you’ve had Sex before the condom broke or some other reason."

Viterbo said.

Mastrianni said condoms are the best protection for preventing STIs, but they are not 100 percent effective because some STIs are spread through skin-to-skin contact.

"We have had students talk (last week) but I was using a condom. How could I have gotten this?"

You can still get something, but (condoms) do greatly reduce the risk, absolutely," Mastrianni said.

Health Services plans a one-week campaign, Sub-Cont, in the fall to educate people about college norms and birth control and any potential consequences.

"A lot of people (typically) misperceive what is actually going on," Mastrianni said. "In most cases the perception is that everybody is doing the same thing as we can to get tested.

Not every lone of every year (students) come in coming drunk every week and not all STIs are having sex constantly at every chance they get.

Social work major Whitney Jaliff, 20, also works, as a health advocate and an HIV counselor for Health Services. 

"We want to reach as many people as we can to get tested because HIV is something that can affect us, our families and many prevalent every day?" Kelly said. "We want to make sure all people are using protection. We have a lot of programs as far as safer sex, contraception, talks, every thing like that. Basically, we want to help people know their options, know how to protect themselves, know the consequences if not."
Iraq's most senior Sunni politician issued a desperate appeal Sunday for Arab nations to help stop what he called an “unprecedented genocidal campaign” by Shiite militias armed, trained and commanded by Iran. The U.S. military reported five Americans were killed, apparently lured into an Al-Qaida trap.

Adnan al-Dulaimi and his “Patriots” and “Salafists,” Sunni terrains for Iran’s front, were on the brink of total collapse when they turned to Tehran for help against the Shiite militias which predominate in the Middle East.

In Baghdad and they will not stop killing until we expand to all Arab lands” al-Dulaimi said in an impassioned broadcast e-mailed to The Associated Press.

Sunni Arab regimes throughout the Middle East fear the growing influence of Iran’s Shiite theocracy with radical groups like Hezbollah and Hamas as well as the Syrian regime, making the region feel a new wave of tension.

Sunni Arabs are trying to appeal to Arab leaders, starting with the Arab League, to stop what he described as a genocidal campaign by the militias and death squads that are directed, armed and supported by Iran,” al-Dulaimi said.

And he called fellow Sunnis in the Middle East, saying they “did not make any more and did not even bother to announce who is taking place against your brothers or to counter the genocidal missions and death squads.”

The 75-year-old al-Dulaimi heads the Islamic Adl Council, the largest Sunni political bloc in parliament. The coalition consists of six Cabinet ministers from al-Dulaimi’s Movement of the Assemblies and Azerbaijan National Democratic government.

Five days later, government ministers loyal to former Prime Minister Ayad Allawi, a secular Shiite, launched a barrage of Cabinet meetings. That left the government without any Sunni members, except the politically unaffiliated defense minister.

Major political parties were expected to hold a race against Allawi’s government to address the government crisis.

The five American soldiers were killed Tuesday in a bomb attack in Baghdad, west of the Iraqi capital. Right A U.S. Army soldier from Bravo Company, 1st Battalion, 27th Infantry, was killed in a blast.

Left Adnan al-Dulaimi, the leader of the largest Sunni bloc in the Iraqi parliament, makes a impassioned call Sunday for all to end to violence in the war-torn country. Al-Dulaimi claimed that Iranian-backed militias were driven by Iranian militias to attack Sunni neighborhoods in the Iraqi capital.

Right: A U.S. Army soldier from Bravo Company, 1st Battalion, 27th Infantry, was killed in a blast.
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www.CentralFlorida.com 49
Barry Bonds hit a home run Tuesday night, becoming Major League Baseball's all-time career home run leader in the fifth inning against the St. Louis Cardinals. Bonds, who went 1-for-4 in the game, tied the record set by Mike Piazza. The 41-year-old Bonds has hit 756 career home runs. The milestone was the 1,700th hit of his career. Bonds entered the major leagues in 1986 and has been a consistent threat to the home run record since 1990, when he hit 42 home runs. He has hit at least 40 home runs in every season since then, except for 2001 when he was suspended for 30 games for using steroids.

Bonds is currently battling it out for the NL home run lead with 26 home runs. However, he is not expected to break the record this season. He needs 34 more home runs to tie the record set by Piazza. If Bonds were to hit 34 more home runs, he would break the record and become the all-time home run leader. He currently has 752 career home runs, which is 86 shy of the record.

In the major leagues, home run records are not broken easily. The record is held by Hank Aaron, who hit 755 home runs. The record was set in 1973 and has stood for over 40 years. If Bonds were to break the record, he would become the first player to break the record since 1973.

The record is not set in stone, however. Bonds has been accused of using performance-enhancing drugs in the past. He has been suspended for 30 games in 2001 for using steroids and for 20 games in 2010 for using human growth hormone.

Despite being present for the record-breaking home run, Bonds was not the focus of the moment. The players and fans were more focused on the record itself. The record is a testament to Bonds' dedication and talent throughout his career. He has been a consistent threat to the home run record since 1990 and has hit at least 40 home runs in every season since then.

The record is likely to stand for a long time, as it takes a lot to break a record that has stood for over 40 years. If Bonds were to break the record, it would be a significant achievement and would be remembered as one of the most important moments in baseball history.

In conclusion, Barry Bonds hit a home run Tuesday night, becoming the all-time career home run leader in the major leagues. The record has stood for over 40 years and is unlikely to be broken in the near future. Bonds' dedication and talent throughout his career have been the reasons behind his success. The record is a testament to his talent and will likely remain as one of the most important moments in baseball history.
Oakland, Miami employ multiple former Knights

Oakland

Oakland employs multiple former Knights.

Ready for some football

Forest comes back as the top right

Forest All

Forest All was the top right player for the Knights in 2007. He recorded 10 tackles from the top right position and was one of the top defensive players for the team that season. His contributions helped the Knights achieve a winning record and reach the Conference USA Champions in the final game of the season.
Fresh fantasy livens up lackluster summer season

Yes, the boy will become a man, an ancient warrior's dream will be fulfilled, and the world will be saved. But there's a twist: none of this happens in the next action-adventure blockbuster. Instead, it's all about a group of friends who gather in a beach house to watch a horror movie on a big screen. Things go south when they realize the video they're watching is a reality, and they find themselves in the middle of a battle against darkness.

This week

MOUNTAINIA
Sleepytown
Gorilla Museum, The Social, 8 p.m.
The Oakland-based gothic metal band is known for their creepy music. $12.

INTERESTING
Billy Bob Thornton, House of Blues, 7 p.m.
Join him and his 9-member band for some Southern rock ditties. $17.50.

THURSDAY
Chris Isaak, Hard Rock Live, 8 p.m.
Hold on to those hearts, ladies, and enjoy his country/surf rock tunes. $35.

FRIDAY
Charlie Murphy, Orlando Improv, 8, 10:30 p.m.
Rick James' nemesis and Eddie's little bro is coming to town. $27.

Kottonmouth Kings, Club Firestone, 7 p.m.
A group of white boys who rap about getting high. $19.50.

SATURDAY
Ambertone, Haven Lounge, 9 p.m.
This Orlando-based alternative band formed in 2005. $5, 18-20 $7.
This "Hour has gone sour"

Stale third offering of buddy-cop series has less laughs, chemistry

WILLIAM GOSS

It looks like the fun and sounds like a coked-out den, and here it is — six years since the last and nine since the first — the Best. Ratner has few but Chris Tucker has been working for, Rush Hour 3.

Delivering all anyone could expect and a few from a title like that, Lee (Jackie Chan) and Carter (Tucker) find themselves paired up once more to take on those pesky Turks — not so much the glorious fire of Roman Polanski — while following leads in Paris for the former. It’s a personal matter with would-be assassin Ernst Stolz’s (Ben Kingsley)ヒロイクシ高松), and for the latter, it’s the lure of berlitz style star Gervaise (Noemie Lenoir, from director Roman’s Another Life.

Ratner and writer Jeff Nahlman, both series vets, make an immediate effort to not only bring back the ambassadour’s daughter from the first Rush Hour in order to make a weaker to fulfill her promise, but also to create a flashy way for Tucker to escape away the absence of the second film’s Roselyn Sanchez and the engagement of the duo in the interim between that film and this one.

Those moments only taste the already freedly cliched upon which the filmmakers hang moments such as the aforementioned violation of our very by the director of Chinatown himself upon their arrival in the City of Lights, the appearance of a Precinct run for an impromptu interrogation after a hospital shoot-out and an extended Vol/Mom/mom travesty which confirms that the deaths of Abbott and Costello must have indeed been in vain.

Matt Zoller Seitz’s (Movieline) Report shows as a French Sheepman in an effort to grab a with a semblance of authority, if not talent, while not as good this time around. Even with a running time of 90-something minutes, including credits, the proceedings feel longer than ever before.

Although the writers may identically proclaim that Brett Ratner directed Rush Hour 3, most of the credit has to go to. Arthur Pen and Tucker has had diluted since the first sequel; hell, even the outtakes aren’t as good this time around. Even with a running time of 90-something minutes, including credits, the proceedings feel longer than ever before.

Although the writers may identically proclaim that Brett Ratner directed Rush Hour 3, most of the credit has to go to Arthur Pen and Tucker, but Ratner has diluted since the first sequel; hell, even the outtakes aren’t as good this time around. Even with a running time of 90-something minutes, including credits, the proceedings feel longer than ever before.
Country crooner stays consistent with new album

AWANDA K. SHAPIRO

After nearly three years outside of the studio, Tim McGraw returns to the charts with Let It Go, the follow-up to 2004's Like You Wereavin.

Let It Go provides McGraw lyric that center on family and relationships. The melodies are enjoyable, offering radio-ready contemporary country tracks. As with many country albums, there is at least one token twang to the project as well.

On Let It Go, McGraw tops into the sensitive subject of fallen soldiers with "If We're Reading That." He sets the wheel and radio combine with acoustic guitar to support McGraw's sincere vocals. The song is the most impressive track on the album because of its ability to signal a flood of war whatever it plays. A sample of the lyrics reads: "If you're reading this, My mumma is sitting there/ Crying like I only got a one-way ticket over here/ I sure wish I could give you one more kiss/ War was just a game we played when we were kids."

The CD was released in late March but has been re-released with "If We're Reading That" as a bonus track.

This addition to the album is the live version of the song that McGraw played at the year's Academy of Country Music Awards.

The song "Suspicion" separates itself from the rest of the content on the album as well. The song features a female lead and McGraw's voice is heard from the beginning of the song to the end.

Let It Go provides McGraw with his first number-1 country track since "I Started A Parade". McGraw and Faith Hill released a joint album titled "Cry" in 2004 which reached #1.

McGraw has been in the forefront of country music for over 20 years, and has won numerous awards, including five Academy of Country Music Awards and three Grammy Awards.

His latest album, "Let It Go", features a mix of traditional country and contemporary sounds, with songs like "If We're Reading That" and "Suspicion".

McGraw's voice is still strong and emotive, and he continues to deliver powerful performances.

Stardust shines so bright

Once A12

encounters harkens a rather unexpected personality beneath his gruff facade. It's actually Robert De Niro's performance as said shy guy that singularly shines. The film is set in the forest from the level of most curio to world-wide entertainment. He depicts a character who plays rough enough to reveal something genuine underneath just as effectively as the film itself does.

The humor is clever enough to hook those who remain unhooked by the most fanciful charms of the characters and circumstances in a way that brings to mind The Princess Bride. Even a climactic sword fight bears its own off-rhyme, if mildly morbid flourish.

There's an eagerness to exalt both in La La Land from imagemaster to the most sincere harbors a rather expectation expectation. This fantasy film, Tristan embarks on a quest to capture a fallen star which takes a human form, played by Claire Danes.

McGraw's sincere vocals. The song is the most impressive track on the album because of its ability to signal a flood of war whatever it plays. A sample of the lyrics reads: "If you're reading this, My mumma is sitting there/ Crying like I only got a one-way ticket over here/ I sure wish I could give you one more kiss/ War was just a game we played when we were kids."

The CD was released in late March but has been re-released with "If We're Reading That" as a bonus track.

This addition to the album is the live version of the song that McGraw played at the year's Academy of Country Music Awards.

The song "Suspicion" separates itself from the rest of the content on the album as well. The song features a female lead and McGraw's voice is heard from the beginning of the song to the end.

Let It Go provides McGraw with his first number-1 country track since "I Started A Parade". McGraw and Faith Hill released a joint album titled "Cry" in 2004 which reached #1.

His latest album, "Let It Go", features a mix of traditional country and contemporary sounds, with songs like "If We're Reading That" and "Suspicion".

McGraw's voice is still strong and emotive, and he continues to deliver powerful performances.

Stardust shines so bright

Once A12
Hackers unite in Vegas

Dateline reporter forced to flee event

AMANDA K. SHAPIRO

In the back of a taclnical, replace engines and strip a pamphlet sat folded. One of the professionals at a convention around the vehicle’s performance.

The hacker community represents one of the most misunderstood institutions around the world. “To stress America, the term ‘hacker’ conveys a certain negative stereotype.”

The hackers are most often viewed as thieves or criminals using the camera and sound purse to capture a story that snagging a story proved both honest and biased.

Her attendance was noted by various sponsors and net-works. The badge initially served as the key to entrance into the conference. In its purest form, Defcon is a mecca for networking and sharing their knowledge with a group of like-minded people.

Her attendance was noted by various sponsors and net-works. The badge initially served as the key to entrance into the conference. In its purest form, Defcon is a mecca for networking and sharing their knowledge with a group of like-minded people.
I am a student at the University of Central Florida (UCF), and I was recently surprised to learn that the school is planning to cut the men's cross country program. This decision has sparked a storm of controversy, and I feel compelled to speak out against it.

I have been involved in cross country for several years and have learned valuable lessons about teamwork, discipline, and perseverance through this sport. The program at UCF is known for its strong performances and has produced multiple All-American athletes. Furthermore, cross country is a sport that promotes physical fitness and mental well-being, which are essential for college students.

I fully understand the challenges that the athletic department faces in managing budgets and finding ways to support athletes. However, cutting the men's cross country program goes against the principles of fairness and equity. This decision could have a negative impact on the morale and motivation of the remaining athletes, who may feel undervalued and disrespected.

I am not the only one who feels this way. Many students, alumni, and even local community members have expressed their concerns and support for the cross country team. They argue that the sport has been a positive influence on the university and that eliminating it would be a setback for the athletes and the community.

I believe that the athletic department should consider alternative solutions to address the budgetary issues, such as exploring sponsorship opportunities or seeking additional funding. Moreover, they should involve all stakeholders, including athletes, coaches, and students, in the decision-making process.

Actions speak louder than words, and I urge the athletic department to reconsider this decision. By doing so, they can demonstrate their commitment to supporting student-athletes and preserving the rich tradition of the cross country program at UCF.

I am confident that with continued advocacy and support, we can prevent this unfortunate outcome and ensure that the men's cross country program at UCF remains a vibrant and integral part of our university community.
Happily, the new child is here and safe.

Lakeside Behavior Healthcare is the leader in behavioral healthcare in the Central Florida Area. Positions available are RNs, LPNs, Mental Health Techs, Case Managers and Adult/Children Therapists, inpatient and outpatient.

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- Phone: 407-823-2872
- Fax: 407-823-2874

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- Mail: 11:59 pm, Thursday before issue

AD RATES

- Rate: $1.00 per character
- Minimum: $10.00

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The Classifieds are a department created by Associated Students in 1971. The Classifieds have provided an opportunity for students and non-students to buy, sell and locate services and events, for over 30 years! The Classifieds now provide a digital format, making it easy to locate services and events!

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• Avoid the lines. Pay online with Credit Card and have your permit mailed to you.
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### UCF Authorized Campus Store

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