**FIGHTING**

**WHEN SPEED MEETS FIGHT CLUB**

When it comes to fighting, speed is everything. Ken excitedly told his friend, "I read a book on how to fight, and it said the key is to move fast and attack suddenly."

**LOCAL & STATE, A2**

**STATE OFFICIALS TAKE ADVANTAGE OF RETIREMENT LOOPHOLE**

Thousands of state workers are rushing to retire before the state closes its fiscal year, and many are doing so in order to avoid paying back money that was due to be paid back during the next fiscal year. The move has been criticized by some who argue that it is unfair to the taxpayers who are left to foot the bill.

**FOOD**

**THAT'S ONE BIG PIECE OF MUFFIN**

A local bakery is facing criticism for its recent promotion of a "one big piece of muffin" that weighs more than 50 pounds. The promotion has been criticized for being unnecessarily large and potentially dangerous to consume.

**LEAVING OTHERS IN THE DARK**

Members of the Wakeboarding Club look on as a fellow member prepares to perform. The club is the first of its kind in the area and has already gained a large following.

**FOOD**

**AWARD WINNER**

A local restaurant has been named the "Best New Restaurant of the Year" by a popular food magazine. The restaurant has received high praise for its fresh ingredients and unique flavor combinations.

**DANCE CONTEST TO UNIFY STUDENTS**

Organizers want to reflect diversity

JAKE BRIDGES

The UCF Student Government Association will host the Intramural Dance and Step Shock Competition in the Pepino Hardman Conv. Center on March 25.

The idea for the dance contest spawned from a University of Florida event known as the "UF Flash Dance." Although the contest is open to all students, organizers are encouraging diversity and want to reflect the cultural mix at UCF.

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Fraternity to hold car bash before last home basketball game

AMANDA WELCH

It took some convincing, but Phi Delta Theta finally got the go-ahead from the UCF Department of Environmental Health and Safety to hold its car bash before the last men's basketball game at home on March 1.

On gameday, there will be two cars to literally bash, and each will be painted as its colors to be beaten, said Scott Vogel, a Phi Delta Theta pledge who helped organize the event.

"The cars, which were purchased from the Ocoee Salvage Yard, will be painted before the event. One car will be painted blue and gray, which are the colors of UCF's opponent, Rice University. The other will be painted with hints and the names of other college men's basketball teams.

"The car bash will be held in the parking lot for the Michelle Nunn School of Communication from 8 a.m. until the start of the game. Students will sign up to take a jackhammer and swing at the car," Vogel said. "The first hit will be mentioned off because that's the most fun," he said. "Every car after that will require a donation, like $2 for one hit and $5 for several hits." Vogel said he noticed a lack of physical activity such as taking a run or a walk on campus when he began attending UCF in the fall as a transfer student. He said he thought holding a car bash might be a fun change of pace.

However, when he pitched the idea to Environmental Health and Safety, he was denied.

"Environmental Health and Safety placed a ban on car bash after a few years ago broke safety rules," said Stephen Mammino, the department's assistant director of risk management.

Vogel didn't take no for an answer. After persisting and assuring the department that all safety precautions would be met, he was granted permission.

"He persisted, and he put together a good package with a safety plan," Mammino said. "So we're going to let him go.

"He gave me an update on what he's doing," Vogel said and he understands what it's like to want to do something fun and exciting." Vogel said he's asking for donations of all kinds and fluids from the vehicles prior to the bash and requires that students hit the cars at a little warmer weather eye.

Mammino warned that the event is "for the situation to be controlled, the students in attendance will abide by the rules."

END WITH A BASH

ARRESTED?

LAW OFFICE OF CRAIG A. SONNER, P.A.

"Just because your name appears on a police report does not mean you are guilty." FREE CONSULTATIONS ON:
WASHINGTON

Barack Obama promises $400 billion in tax cuts to help pay college tuition. John McCain backed $22 billion for bailout bonds, says it would be only "a clinical exercise" and "hardly a cure at all.

Andrew Taylor

WASHINGTON

WASHINGTON (DC) - Barack Obama promises $400 billion in tax credits to help pay college tuition. John McCain backed $22 billion for bailout bonds, says it would be only a clinical exercise and hardly a cure at all.

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WASHINGTON, D.C. - The world's leading jet compagnies on Wednesday announced a new "blockbuster event" scheduled to start at 9:00am on February 28th. The event, called "Regal Cinemas Waterfront Town Center," is set to take place at 1301 South Ocean Blvd, Huntington Beach, California, and will feature a special screening of the highly anticipated film "The Mistwater of East Orlando." Attendees will have the opportunity to experience the latest technology and enjoy a range of snacks and beverages, all while supporting a good cause.

"We are excited to bring this unique viewing experience to the community," said Richard Branson, Virgin Atlantic's CEO, in a statement. "We believe that this event will not only provide an unforgettable experience for our customers but also contribute to the support of a worthwhile cause." 

The event is open to the public, and tickets can be purchased online prior to the event. Although the tickets are free, attendees are encouraged to make a donation to a charity of their choice.

"We are grateful for the support of our partners and look forward to a successful event," added Branson. "Thank you to all who are making this possible." 

For more information on the "Regal Cinemas Waterfront Town Center" event, visit www.3000RLO.com or call 407.380.3707.
Cuban lawmakers meet to elect new president

HAVANA — Nearly a half century of rule by Fidel Castro was ending Sunday as Cuban lawmakers chose his replacement — widely expected to be his younger brother Raul.

The transition was not likely to bring a major shift in policies of the communist government that have put it at odds with the United States, but many Cubans hoping it would open the door to modest economic reforms and greater political freedoms were looking forward to seeing their leader of 49 years as head of the Communist Party.

With Sunday's vote, Castro's 49-year reign as head of the communist government was ending Sunday as Cuban National Assembly's members were reading the names of the new National Assembly's members who were read aloud, mention of the absent Castro drew a standing ovation.

Cubans have a right "to choose their leaders in democratic elections" and signed the government "to begin a process of peaceful, democratic-change by releasing all political prisoners, respecting human rights, and creating a clear pathway towards free and fair elections," Secretary of State Condoleezza Rice said Sunday.

"Excluding taxes, registration, and a dealer fee of $379.00, the cost of a 2008 JETTA 2.SL will come to an end. He retains his seat as a lawmaker and as head of the Communist Party, but his power in government has eroded since July 31, 2006, when he announced a widespread emergency blackout that appeared aimed at boosting his power in 30-year-old Raul.

"The younger Castro has headed Cuba's communist government in the 19 months since he announced a widespread blackout that appeared aimed at boosting his power in government "to begin a process of peaceful, democratic-change by releasing all political prisoners, respecting human rights, and creating a clear pathway towards free and fair elections." With Sunday's vote, Castro's 49-year reign as head of the communist government was ending Sunday as Cuban National Assembly's members were reading the names of the new National Assembly's members who were read aloud, mention of the absent Castro drew a standing ovation. Parliament gave another standing ovation.

In their own words... 

"I am ending Sunday as Cuban government's president as the parliament meeting "left me tro.. "

By the first round of voting Sunday, National Assembly President Ricardo Alarcon was nominated for re-election to his post, effectively removing him to a dark horse candidate for the presidency of the ruling council.

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In their own words... 

"I am ending Sunday as Cuban government's president as the parliament meeting "left me..."
Videos focus on behinds

Event based on UF competition

"We don't need to be the best, but we will try our best."

— JONATHAN CABOTAJE
BAIL MAMBA

Friday, February 29, 2008
1:30 p.m. - 4:30 p.m.
BARTABA YING CENTER

A representative from the IRS as well as UCF’s Finance & Accounting office will be on hand to answer questions.

For more information contact BSC at 689-1433 or visit www.ucf.edu

NEED GAS?

If your wallet’s running on empty, it’s time to look for a part-time job. Search local part-time jobs on OrlandoSentinel.com and make a few extra bucks.

Just go to OrlandoSentinel.com and click Jobs!

OrlandoSentinel.com
Dean known for fundraising

“I am very excited about the university’s commitment to building community partnerships.”

REUBEN FRUMKIN, DEAN OF HEALTH AND PUBLIC AFFAIRS

There, he was dean of the School of Social Work and Human Services beginning in 1995.

Frumkin has also held faculty positions at Boston University and Florida State University. In the early 1980s, Frumkin worked at FSU where he was the director of the School of Social Work’s part-time master’s program of social work professionals. Frumkin said one of these programs was located on the UCF campus and he thinks UCF’s growth since then has been amazing.

Frumkin also spent time in Alaska, working for the Indian Health Service. Originally from New York City, Frumkin received his undergraduate degree from New York University, his master’s from the University of Michigan and his doctorate from the Florence Heller School for Social Policy and Management at Brandeis University.

Morrison-Shetlar said Frumkin is knowledgeable about UCF and he did a tremendous amount of research before he came for his first interview.

“Faculty and administration in the college and the community have become very impressed with him,” said Morrison-Shetlar.

Frumkin is moving to UCF after working at Eastern Washington University for 17 years.

Club to compete in nationals

THE WAKEBOARDING Club has been invited to the national championships this year.

Lisa Hackbarth is optimistic about the connection.

“They are not an official sponsor of the club, but they are helping us out wherever they can,” Frumkin said.

“This is an amazing opportunity to work with the new College of Medicine, too. There is this amazing opportunity to work in the College of Medicine,” Frumkin said.

Though Red Bull has shown interest, the club is currently struggling to garner more funds. The club has 20 dues-paying members, so fundraiser are important. The club wants to compete as well as possible and giving them financial help is essential in the process, which is often frequently done for many on-campus organizations.

We tried e-mailing someone not too long ago about becoming an official team so we could get more funding from Sports Club Council (an umbrella organization for the sports clubs on campus),” Rappazzo said. “I never heard back from them, but I’m still working on it.”

Well-funded or not, the Wakeboarding Club will do its best to bring home another national championship this year. If they are successful, the club said that back-to-back championships will be enough to bring them some of the reserved attention at UCF.
The Knights’ offense falls flat in defeat

The UCF men’s Basketball team’s hopes of a top-four finish in Conference USA went up in smoke with a 74-68 loss to Marshall.

The Knights had been looking for breathing room in the C-USA standings and a win would have kept them a game ahead of both UTSA and Southern Miss.

But UCF’s loss combined with wins by the Minors and Golden Eagles puts all three teams at a 5-4 in conference and puts the Thundering Herd half a game back at 7-6.

If Wednesday against East Carolina was an example of all that can go right with the Knights, then Saturday was its antithesis.

"Quite honestly, our guys showed some signs of immaturity from Wednesday in this game," UCF head coach John Speraw said in a post-game radio interview. "Everything was easy the other night, whether it was offensive or defensive. Tonight it was the complete opposite. They weren’t very good shots to take, they weren’t very good shots to go in and they weren’t very good shots to begin with.

"And when you’re making 29 percent in the first half, it just sets a terrible tone for what you’re doing defensively. We didn’t have any fight or muscle or anything else than those first three possessions.

"The Knights 64-62 overall, 5-1 C-USA had trouble hitting from anywhere on the court and shot just 26 percent from the field in the first half including 6-of-19 from the 3-point range. It seemed to start out well for the Knights, with guard Mike O’Donnell nailing a 3-pointer just seven seconds into the game.

"The 3-9 lead would be the largest lead of the game for UCF. The Herd then scored 15 straight points until another UCF field goal.

UCF guard Dee此次 scored all of his points in the second half and seven in the final couple minutes, when the Herd had their best shot at coming back.

However, UCF missed its 3-point attempts down the stretch, pulling away after that, getting revenge after their 77-63 loss in the C-USA opener.

Mike had a 3-pointer with 2:07 left to bring the Knights within 60-54. He followed that by stripping Tyler Wilkerson and starting the fast break. His lay-up was an open jumper, Tyler, who missed a 3-pointer that would have made it a com­­position game.

Wilkerson made the offensive rebound and kicked it out to an open O’Donnell, who also missed his 3-point attempt. The Thundering Herd pulled away after that, getting revenge after their 77-63 loss in Orlando on Feb. 2.

Wilkerson reeled off his 34 points early in the game, leading the Knights to a 24-22 win in 3-0 when Siebenaler singled to first base and Mealing hit a single to center field.

Hillman has played all but four games in his career since 2006, but Wilkerson was the better of the two big men. He had 22 points and 13 rebounds.

UCF center Stanley Hillman has his shot blocked by Marshall’s Tyler Wilkerson during the Knights’ 111-7 wins Saturday to the Thundering Herd. Hillman played all but four games in his career since 2006, but Wilkerson was the better of the two big men. He had 22 points and 13 rebounds.

Lucas McDaniel with 22 points and 15 rebounds. Wilkerson is averaging 16 points and 14 rebounds.

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Shortstop Bailey starts season on a torpice race

The Knights' offense put together a solid start for the UCF baseball team. The Knights were able to get the upper hand in the first inning with a two-run double by Chadd Harris. However, this lead was short-lived as the Rattlers quickly tied the game in the second inning with five runs. Bailey did not give up, recording five more innings, allowing five hits, two runs and striking out six.

The offensive barrage continued early in the game with a two-run double from Auer and an RBI double by Amick that put the Knights up 3-0. UCF kept the offensive rhythm from the second inning with five more runs on six hits. UCF was very aggressive during the inning, recording four of their 12 hits on the first pitch.

Drew Rice Bailey's RBI single in the bottom of the third marked the end of the night for UCF pitcher Kyle Merritt. He allowed 12 hits and nine earned runs in 2.1 innings.

Theıcricr Turner certainly did not live up to his title of relief pitcher. He faced five batters, walked four of them and threw two wild pitches before he was pulled. The Knights finished the bulk of their scoring in the fourth inning when Bailey drove in two more runs in a variety of ways: a wild pitch, an RBI single, an error and three more hits. Bailey finished with three hits and two runs and was led by Bailey's 3-for-4 showing.

Bergman joked that last at bat and sees if I can hit. This was just trying to put myself back in the rotation. "I think I'm a lot more consistent, and that's what's missing."

The pitching staff received a lot stronger and more consistent, and that's what we needed. UCF's 23-5 runs over the season's first two games were their highest combined total in consecutive games since 2005. The Knights started the scoring in the second inning with runners on second and third and one out. Brown walked on four pitches to load the bases before Park Slusheiko also walked to bring in the run. Later, Van stunned Shady Richardson and Brown. After a sacrifice fly by Beatrice Hayes doubled to right field, scoring the runners and giving UCF a 6-0 lead.

The Rattlers scored another run in the third inning against UCF pitcher Cirilo Rodriguez and were left on deck in the fourth inning, including a two-run double by Brown, which put the Knights up 10-3.

The Drivers were again plagued by foul trouble, only this time it was on the guards and small forwards. Nearly halfway through the first half, Taylor and Chip Carveragti had too few fouls, forcing Sperry to put some unusual lineups out on the court.

Stanley Williams made his return to the court after missing more than a month due to an elbow injury. John Products led the Knights with 20 points — his second game with 20 or more points — but he shot just 4-of-11 from beyond the arc.

Taylor was 4-of-11 from the floor for 10 points and might have been hampered by a rib injury. He remained in Saturday's game.

The Knights will try to rebound when they host the Tulane Green Wave (5-5) on Wednesday at 7 p.m., inside the New UCF Arena.
Softball’s offense awakens at home

MELISSA NEYBARGER
Tallahassee.com

After allowing opponents to score 21 runs in last two tournament appearances, the UCF Softball team only thought it fair to give a little back.

The Knights did just that, outscoring their opponents 15-2 and dropping 10 runs through their first three games. UCF Tournament this weekend at the UCF Softball Complex.

After going 1-4 on day one of the tournament, the Knights came back on Saturday with a 4-0 win over Connecticut. The Knights outscored the Huskies 15-2, allowing only one run in the bottom of the first.

The Knights had enough, however, grabbing five more runs and taking the game of the season, as they double by Breanne Javier that its most dynamic inning off two singles and a walk.

Luers-Gillispie said. “That is the kind of hitting that we’ve been expecting from our lineup.”

Knights used six hits to post a 6-0 lead after seven innings. The Knights haven’t had a seven inning complete game in over the final couple of games of the season, the Knights will have to continue to learn from the mistakes they made early on this season.

“Tough to practice that. With the adrenaline that’s going on during the course of a game, it’s tough to simulate. But, we’ve been through it enough now that I think we really know what to do. We really know how to take care of the ball and know the situation. It makes a lot of difference going through that before.”
College is hotbed for depression

In the wake of the Northern Illinois University shooting and the shooting at Virginia Tech, many wonder what is going on with America’s youth. Many contribute their problems to shoot their peers at random and then kill themselves. No 1 is 36 passion for attention.

We look at UCF’s mental health counselors and we ask: What can we do to prevent these events?

While we can’t prevent these tragedies, we can prevent them from happening again.

Social anxiety also seems to pervade the lives of depressed students. Social anxiety can be psychological problems in the world, and the Social Anxiety Institute has found that 7% of the population have some form of social anxiety.

If a student feels socially anxious, they become distressed in social situations. They may be watching or listening to the dialogue in the room or feeling silly in public.

Schools exhibit all of these symptoms, and as a result, have to have someone available to take care of them. Schools can be the first step in getting these students the help they need.

Social anxiety disorder may lead to withdrawal from classes, or depression or substance abuse. These conditions need additional treatment.

According to Healthy Directions, the university anxiety disorder and another psychological condition, social depression, can increase the risk of alcohol and substance abuse.

In an article centered on these topics, it is described as depression or anxiety individuals who are depressed. Healthy Directions, a national organization, says that depression and anxiety are the top two causes of hospitalizations in the United States.

We must recognize our own behavior and seek help.

College is hotbed for depression

No matter who is nominated as the Democratic or Republican candidate, we’re looking at a critical election. We’ll be seeing if either the first black candidate or the first female candidate. But our pride should be tempered by an understanding of how long it took us to get here.

A lot of other countries have already beaten us to the punch when it comes to female leaders, and most developed nations don’t share our level of progress.

It took a long time to get out of the morass of keeping blacks as slaves and women as indentured servants. How much further along are we? We, as a nation, need to start thinking about how much time it took us to get here.

The 2008 Student Government elections were a hotbed for unrest. The 2008 presidential primary elections were a hotbed for unrest.

The 2008 Student Government elections were a hotbed for unrest. The 2008 presidential primary elections were a hotbed for unrest.

For too long, SGA was just a platform for the students who care. After all, it is the students who care.

No one cares about the student group that has been beaten up by the political system. No one. But when we have the opportunity to vote, it is important to take advantage of it.

We encourage RAs to increase awareness.

We need to keep pushing the public to get out and vote. We need to make sure that every voter knows how important it is. Maybe one person can change the course of history.

Voting is not just a one-time event. It’s a continuous event. It is a responsibility that should not be taken lightly.

We all have the right to vote, and we all have the responsibility to vote.

The 2008 Student Government elections were a hotbed for unrest.

The 2008 presidential primary elections were a hotbed for unrest.

We, the American people, don’t punish them. The American people say, “You can’t put words on human beings. We, the American people, pay the price.”

We are the ones that are going to fix the bridges. Clean up New Orleans. Pay the bills. We are the ones that are going to fix the problems.

We are the ones that are going to take the lead. We are the ones that are going to make the changes.

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