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**VOLUME 98 ISSUE 105** 

**TUESDAY, FEBRUARY 22, 2005** 

# Andrea Morales / Alligato

# **Battle goes sour**

# Impact adviser files complaint

By JUSTIN HEMLEPP

Alligator Staff Writer jhemlepp@alligator.org

The battle for control of \$11 million of student money has become increasingly controversial in light of a complaint to the University Police Department, a mass realignment and the potential disqualification of a Student Body presidential candidate.

UPD INVESTIGATES SG: An adviser to Student Body President Jamal Sowell filed a "vanilla" complaint with UPD alleging "improper action going on in the campaign for Student Government."

Lowell Wong, who declined comment for this article, told investigators -Wednesday afternoon he "had no personal knowledge of the events, just what he has heard," reports show. The report does not specifically

identify any questionable actions.

UPD spokesman Joe Sharkey said Wong showed "no proof" of his al-

Sharkey said an investigation into Wong's complaint is underway - one interview was conducted Monday and a second follows today.

Neither Sharkey nor Wong would disclose who or what law enforcement was alerted to, both citing the ongoing investigation.

We took an information [report]

from an individual (Wong) who made some very vanilla accusations," Sharkey said, adding investigators have yet to turn up foul play.

"One of the people said they had never met the other person," he said.

"The people he (Wong) was accusing with having the improprieties, that person said he had nothing to do with those people."

A TUMULTUOUS TUESDAY: Wong would not confirm whether his complaint concerned a realignment of mostly black senatorial hopefuls last Tuesday.

Student But Wong's Government accusation of impropriety

less than one day after several Impact slaters jumped ship to The Gator Party late last Tuesday.

Sources close to SG disclosed last week that members of the Black Student Union pressured many candidates into switching to Gator.

BSU officials previously denied involvement with the realignment.

Also last Tuesday, two hours before slating deadline, Impact's original treasurer candidate Elda Auxiliaire pulled out of the race citing reasons "personal in nature," leaving the party to quickly register Michelle Lightbourne as its new treasurer hopeful.

A CAMPAIGN CHALLENGED: In another blow to Impact, the candidacy of vice presidential candidate Robert Mack was called into question Wednesday when the supervisor of

SEE SG, PAGE 8

# **FOOTBALL**

**Royal moment** 

Miss UF Pageant

winner Mari Wilen-

crown from last

year's winner, Ash-

ley Glass, Monday

night at the Phillips

Center for the Per-

forming Arts. See

Thursday's edition

of the Avenue for

complete coverage.

receives her

# Linebacker avoids jail, faces academic suspension

By IAN FISHER

Alligator Staff Writer ifisher@alligator.org

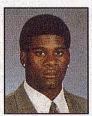
Suspended UF linebacker Taurean Charles pleaded no contest to a misdemeanor culpable negligence charge on Monday. Charles had tried the same plea in December; however, the judge at the time did not approve it.

Charles was accused of throwing a halffull beer keg on a UF student at a party last

After the case was over, Charles said he did throw the keg, although not at alleged victim Dane Eagle.

"At any point in time toward the end of the fight, I threw the keg away from me because when I was getting ready to leave, the keg hit me in the back of the leg," Charles said. "When the keg hit me in the leg, I threw the keg down and went to [team-mate Ray McDonald's] truck and left. This guy was already knocked out before I even

looked at him."



State Assistant Phil Pena Attorney asked for 30 days in jail. Charles was sentenced to four days, which he has already served, a year of probation, \$897.12 in restitution, \$263 in court costs and an anger management assessment.

Although Charles' case is over, there still

may be another battle.

Robert Rush, Charles' attorney, said UF Student Judicial Affairs is planning on suspending Charles from school for the next academic year. He had been paying to attend school for the past year because he lost his football scholarship. Rush said if Charles is suspended, he will not be able to transfer and play football at another school.

SEE CHARLES, PAGE 24

■ UF coach Billy Donovan and the Gators will have to rely on a favorable RPI ranking for their NCAA Tournament seeding. Donovan said the SEC is underrated nationally. See story, pg. 23



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Student Body presidential candidates will debate at 7 p.m. tonight in the Jennings Hall lobby. The Inter-Residence Hall Association is sponsoring the event, during which other candidates will also speak.

# Today

**FORECAST** 2 **OPINIONS CLASSIFIEDS 17 CROSSWORD 20** 

**SPORTS** 



visit www.alligator.org

# **News Today**

CAMPUS

## UF provost search committee changes consultants

A UF search committee charged with finding UF's next second-in-command administrator meets with a second search firm today.

The committee, made up of UF administrators, faculty and students, will review with Jan Greenwood of Greenwood & Associates search firm what it's looking for in UF's next provost.

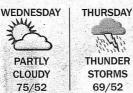
"The committee will be expecting, from her, her ideas about how she's going to expand our pool of candidates and the timeline by which that's going to occur," said committee chairman Doug Barrett.

UF has made a \$75,000 agreement with the firm to find additional applicants for the search, which was previ-

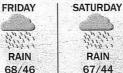
#### **FORECAST**











ously handled by search firm Baker Parker. UF already has paid Baker Parker \$48,332 for its work before UF President Bernie Machen fired them after finding the final pool of candidates lacking "breadth and depth."

#### -STEPHANIE GARRY

WHAT'S HAPPENING

Engineering & Science Fair Reitz Union Grand Ballroom

Peaceful Paths Fundraiser Reitz Union Colonnade

10 a.m.

"Talk to me, I'm in SG" Reitz Union Colonnade

6 p.m.

Talent Show Emerson Hall

7 p.m.

Homelessness Awareness Dinner Graham Area

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Melissa Garcia

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# **HUNTER S. THOMPSON 1937-2005**

# Pioneering 'gonzo' journalist, author dies at 67

By LAUREN MACDONALD **Alligator Contributing Writer** 

Hunter S. Thompson, the pioneering "gonzo" journalist who wrote "Fear and Loathing in Las Vegas," was found dead Sunday of an apparent self-inflicted gunshot wound. He was 67.

When UF journalism professor and department chairman William McKeen heard the news at 12:30 Monday morning, he drank two fingers of straight Wild Turkey bourbon in honor of the man.

"It's really a death-in-the-family kind of death," he said.

He only met Thompson a couple of times, but they corresponded through faxes and e-mail. McKeen, who wrote a book, "Hunter S. Thompson," on Thompson's work, said Thompson has both devoted fans and critics.

"Either you like him, or you hate him," McKeen said.

Thompson's gonzo journalism, which typically features a first-person account of the writer playing an active part in the story, isn't easily defined.

Thompson also had a penchant for taking a story assignment and turning it on its head, outraging editors in the process, although they would often forgive him later when he responded with something much better than what they had originally envisioned.

Many young journalists unsuccessfully try to imitate him,

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McKeen said, but his style is "off in its own corner." McKeen, who teaches Thompson's work in his classes, said one student recently wrote in an essay, "Hunter S. Thompson is the reason I'm becoming a journalist."

Thompson's seemingly effortless style was the result of work and good instincts, McKeen said. ·

"He's known by people who

don't read books as 'that wild and crazy guy," he said.

Thompson's work is often overshadowed by his self-created image as a drug-crazed lunatic in a bucket hat. When asked if his stories of wild exploits were true, Thompson would say, "If I did what I said I did, I'd be dead," according to McKeen.

Thompson jokingly referred to

himself in recent years as "an elderly dope fiend living out in the wilderness," and acquaintances said his health had begun to de-

McKeen said he half-expected Thompson to come to a violent end but not by his own hand.

"Suicide is the ultimate selfish act," McKeen said, "and he was not a selfish man."

A framed letter from Thompson hangs in McKeen's office.

"I warned you about writing that vicious trash about me," the letter reads. "Now you better get fitted for a black eye patch, just in case one of yours gets gouged out by a bushy-haired stranger in a dimly-lit parking lot."

"I warned you about writing that vicious trash about me. Now you better get fitted for a black eye patch, just in case one of yours gets gouged out by a bushy-haired stranger in a dimly-lit parking lot."

> Hunter S. Thompson, in letter to William McKeen

McKeen said, "He was very nice to me."

Thompson offered his work to McKeen to use in his books

UF student Stephanie Ribas, 21, said she admired Thompson as a man unafraid to experiment, whether with strange adventures or psychosomatic drugs.

People know Thompson, even if they don't know his work, Ribas

"On Halloween, one dresses up as Hunter S. Thompson," she said.

Information from the Associated Press was used in this report.

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# Voter deadline nears

By BRIAN HAGEN

Alligator Writer bhagen@alligator.org

With Spring Break approaching, students who want to extend bar closing times or decide the fate of Gainesville Regional Utilities' proposed power plant have only days left to register to vote.

Monday is the deadline for Gainesville residents to submit their forms to be eligible to vote in the March 29 Gainesville City Commission election.

Three seats are up for grabs on the commission, which makes the fi-

nal call on the antirave ordinance, the power plant and city rental rates, which are based on taxes.

"We'd like to have everyone eligible to vote out voting on Election Day," Alachua County Supervisor of Elections Pam Carpenter said.

To make registering as easy as possible, forms can be found throughout Gainesville.

Standard forms can be obtained at the Supervisor of Elections Office, located downtown in the Alachua County Administration Building. The office is open from 8:30 a.m. to 5

p.m. Monday through Friday. Forms also are available through libraries, on campus and at events held by UF campus political parties.

On campus, stacks of registration forms wait in the Reitz Union and Criser Hall. College Republicans and College Democrats will be on Turlington Plaza today and Wednesday with registration forms.

SFCC students can get them at the college's activity center and administration offices

Registration can be done by mail, but forms must be postmarked no later than Monday. Residents who have moved since registering can update their information by calling the elections office, Carpenter said.

Any mistake or omission in a mailed form can delay the process, Elections Outreach Coordinator Kim Barton warned, advising voters to take their time and turn in their forms locally.

Three seats on the seven-member commission will be up for grabs March 29. Anyone able to prove Gainesville residency is eligible for the at-large seat.

For District 2 and 3, those residing in Northwest and Southwest Gainesville, respectively, are eli-



Tricia Coyne / Alligator Staff

## All that jazz

Kristina Gust performs her rendition of "All that Jazz" from the musical "Chicago" at Apollo Night on Monday. The Black History Month talent show was sponsored by the Gator Chapter of the NAACP and Sistuhs, Inc.

# WAR IN IRAQ Middle East conflict may delay UF student's wedding

By DELENE BEELAND

Alligator Contributing Writer

graduate student Providence LeGrand and Gainesville firefighter Greg Fenn plan to marry April 16 – if the Army

Fenn found out Feb. 13 his National Guard cavalry received orders for a March 28 activation. It will train for three months in Mississippi then deploy to the Middle

His six-year contract will expire March 11. The orders extend his commitment by 18 months, conflicting with the wedding

"I'll head over there feeling poorly toward the organization if they don't let me get married first," Fenn said.

LeGrand added, "It's our worst-case scenario. I had to call family and tell them 'Don't book your tickets yet, we don't know if we'll be able to get married or when.""

Neither foresaw an interruption to their plans, though deployment of Troop E of the 153rd Cavalry of the Army National Guard was a possibility.

Fenn said he doesn't support the "stoploss law," also known as the backdoor

Under this law, reservists are activated for extended tours, often 18 months overseas, even if they soon are due for dis-

'If you've done your time, you should be allowed to go on with your life," Fenn

He noted career Army personnel usually

get six-month tours before cycling home.

Fenn's unit specializes in reconnaissance, he said, and is part of the 53rd Infantry Brigade.

"It's our worst-case scenario. I had to call family and tell them 'Don't book your tickets yet, we don't know if we'll be able to get married or when."

> **Providence LeGrand** UF graduate student

After receiving notice, Fenn immediately asked for two days to fly home to wed. Fenn's superior refused him at first.

"So I told him, 'You need to come back

with a different answer. No way am I miss-

ing my wedding,'" Fenn said.

His superior agreed to take it up the chain of command. Ten days later, the request was approved.

"I'll believe it when I board the plane home," Fenn said.

LeGrand said she knew of a case in which the Army reneged after granting a similar request.

"But even if they keep their word, we're still basically losing each other," she said.

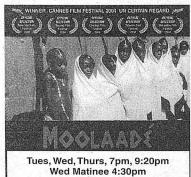
Fenn said his supervisor at Gainesville Fire Rescue, Lt. Steve Mueller, and fellow firefighters are supportive. Mueller said Fenn's job is secure.

"When you sign those papers, they pretty much own you after that," Mueller

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# Former preacher speaks of his conversion to Islam

■ THE EVENT WAS A PART OF ISLAM AWARENESS MONTH.

By LINDSAY TAULBEE

Alligator Writer Itaulbee@alligator.org

Speaking with a slight Texan twang, Sheik Yusaf Estes shared his journey to the Islamic faith after years as a Christian preacher.

As part of Islam Awareness Month on

Monday, Estes told an audience of more than 70 how he gained a faith in Islam while trying to convert a Muslim associate to Christianity.

"I didn't come to Islam looking for a new religion," said Estes, a former federal prison chaplain

Rather, in 1991, he found himself determined to convert his father's new business partner – a Muslim – to Christianity. In their first meeting, he said he expected to see a man dressed in a long robe, beard and head covering.

The audience laughed as Estes paused to look down at himself, fitting the description he had just given.

Instead, he said, he was surprised to encounter a "normal person."

Campus

Estes said he learned that he and the business partner shared many religious beliefs. Though still determined to convert him, Estes said he also learned about the man and his beliefs.

"I saw him live what he was preaching," he said, which he admired in their friendship.

Estes and his born-again Christian wife later discussed their own interest in Islam, leaving the preacher in a quandary. Confused, Estes decided to talk to his father's partner.

"I talked to him that whole night until the sun came up," Estes said. "I wanted to know everything I could know about Islam."

Finally, he said, he laid down his head to pray as he had seen the man do and asked God to guide him.

"When I raised up my head, I knew what I had to do."

# Depot project starts

By IVETTE MENDEZ

Alligator Writer imendez@alligator.org

It took a mere eight years for Gainesville to complete its plans and break ground for Depot Park.

"We had to do a lot of environmental assessments," said Matt Dube, Community Redevelopment Agency project coordinator. "It's just a very complex project."

The ceremony took place Monday at the southeast corner of Main Street and Depot Avenue. The project includes construction of the park as well as refurbishing of Depot Avenue, which will connect East Gainesville to UF, including healthcare facilities and jobs, Congresswoman Corrine Brown said.

Mayor Pegeen Hanrahan, Brown and State Rep. Larry Cretul spoke at the event.

The project was conceived as a public-private partnership, Hanrahan said, with funding mainly from a \$15-million construction loan granted by the State Revolving Fund, to which Gainesville Regional Utilities will be contributing another \$11 million, Dube said.

"This has been a great example of city-county cooperation," Hanrahan said.

The \$30-million project will be completed in two phases. Phase 1 is the 35-acre Depot Park encompassing stormwater management ponds.

A stormwater pond is "a manmade pond that will receive stormwater runoff downtown," Dube said. He added that the two ponds will help clear pollutants out of the water so it can be reused. The park's stormwater facilities are scheduled for completion by 2007 and will benefit the Sweetwater Branch watershed facility, Payne's Prairie Preserve and the Florida aquifer.

"We had to do a lot of environmental assessments. It's just a very complex project."

Matt Dube

Community Redevelopment Agency project coordinator

A skateboarding facility, a boardwalk and a bird sanctuary near the ponds will not be completed until after 2007.

"The slope of the pond will be very shallow," Dube said in reference to the pond closeness to the recreational facilities. "There won't be any danger of falling in."

Rollerblading and bicycling paths, paddleboating and hiking trails will be available as well, Dube said.

The project's second phase will begin later this year and will involve the reconstruction of Depot Avenue between South Main Street and Southeast Fourth Street.

On display at the ceremony were the designs for the park, which were created by GRU, Gainesville General Government and the Community Redevelopment Agency.











Editorial

# Farewell, Raol

# Loss of Thompson leaves the world a boring place

The were somewhere near Barstow on the edge of the desert when the drugs began to take hold."

If you don't recognize this quote immediately, then you probably don't realize how much of a tragedy it was for the nation and for the literary and journalistic state of the world when Hunter S. Thompson died at his Colorado home Sunday afternoon.

Though many UF students won't recognize his name,

everyone has felt Thompson's influence.

Countless Gainesville nights have been spent under the influence of the film based on his book "Fear and Loathing in Las Vegas," which most commonly is enjoyed also while under the influence of other Thompson-approved substances. Fans will note he appeared briefly in the film alongside Johnny Depp, whose character, Raol Duke, actually is an assumed name of Thompson himself.

Comic enthusiasts and critics point to the cantankerous character Duke in the Doonesbury strip, which is modeled after Thompson, as one of the most recognizable in America. Of course, Thompson always violently objected to his portrayal.

Some may only share the vague popular perception of Thompson as a drug-addled, drunk lunatic of a writer — a view he likely would have supported wholeheartedly.

Journalists and admirers of his work, however, know that his legacy extends far beyond these pop-culture staples.

As the creator and champion of "Gonzo" journalism, Thompson shook up the field of mass media at its core. With books such as "Fear and Loathing in Las Vegas" and "Hell's Angels," he took the concept of literary journalism and fed it through a gritty, no-nonsense (or all nonsense, depending on your perspective) filter that revealed more truth about the seedy underbelly of American life and politics than could ever be obtained through typical methods of reporting.

This was a man so well-respected — both despite and because of his flagrant disregard for convention — that Rolling Stone magazine and ESPN.com credit him as "Dr." Hunter S. Thompson, in deference to his self-awarded Ph.D. in Gonzo journalism.

He also leaves a legacy of incisive commentary on the political system. It was Thompson who famously described America as "just a nation of two hundred million used car salesmen with all the money we need to buy guns and no qualms about killing anybody else in the world who tries to make us uncomfortable."

More recently, he was known as as one of the most outspoken and valid critics of the Bush administration. Indeed, it is perhaps ironic that his life would be lost the day before Presidents Day.

But don't take this the wrong way: Thompson always was looking out through his political criticism for what he saw as the good of the country, and he described himself as one of the most patriotic people he'd ever met.

With Thompson's death, the world truly has lost a cultural pacemaker and a political virtuoso. Writers and journalists have lost a sizzling talent and a guiding inspiration. And as cliché as it is to say, the world never will be the same.

As is only fitting for a man who always had something to say, any tribute rightfully must end with some prophetic words from Thompson himself:

"The Edge... there is no honest way to explain it because the only people who really know where it is are the ones who have gone over."



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# Opinions

**ALLIGATOR** www.alligator.org/opinions



Abstinence-only education falls short

President Bush has been naughty in the boardroom. While his budget plucks money from veterans' programs and the Upward Bound education plan, he's doling out plenty of cash for a favored fantasy: abstinence-only sex education.

When it comes to sex education, there are two dominate theories. Abstinence-only devotees say skip sex until you slip on something really sexy: a wedding band. Contraception is ignored, except to point out its slim failure rates. In fact, if the program does mention contraception as a form of protection, the funding disappears.

Since 1996, Washington has poured nearly \$1 billion into abstinence-only education. This year, the numbers are booming, with the budget calling for \$39 million more than in 2004—a 23-percent increase. It's estimated that 25 percent of U.S. schools already use an abstinence-only approach. How many more will be next?

Meanwhile, typical comprehensive sex education promotes abstinence as the absolute cornerstone to sexual health. After all, it is the only foolproof way to stay STD- and baby-free. However, condoms and other birth control are mentioned, demonstrated and even passed around.

Both programs promote abstinence. So which one works

I've actually experienced both. In middle school, I started a six-year stretch of sex ed. Teachers passed out condoms and explained how to use them. Since I don't have either a toddler or genital warts, I consider that approach a success.

But I also took a chastity vow in seventh grade, complete with a plastic "promise ring" during an Orlando Christian convention. Was it nice and warm and fuzzy? I suppose so. Did it help me in the long run? Absolutely not.

Abstinence is a noble goal but an unrealistic one. Sixty percent of high school students lose the big V by graduation. Eighty-eight percent of chastity vows are broken before marriage. Worse were the results when the Advocates for Youth organization investigated the results of a short-term absti-



**Diana Middleton**Editorial Notebook
letters@alligator.org

nence-only program in 10 states, including Florida. The studies showed that "abstinence-only programs show little evidence of sustained (long-term) impact on attitudes and intentions."

But the program's biggest crime is its masquerade as secular. Public tax dollars bankroll these programs drenched in overwhelmingly religious overtones. These same programs also utilize scare tactics and

myths such as, "You can get all STDs from just oral sex."

And while kids who take a chastity vow wait an average 18 months longer than non-pledgers to have sex, they're more likely to skip the condom once they get going. According to the New York Times, only 40 percent of male chastity-pledgers used condoms.

Organizations such as Youth For Christ extol abstinence-only education as a path to "morality" and "purity." Religious Web site www.nomoho.com calls premarital sex "a deeper social disease." I scoured these Web sites for any evidence that abstinence-only programs reduced instances of STDs or teen pregnancy. Unsurprisingly, there were no statistics to be found. Perhaps the religious right is more concerned with saving a couple souls than the health and well-being of everyone else.

Abstinence-only education does have a place, but it isn't the classroom. Such a religiously charged sentiment is best left for the living room or the chapel.

Otherwise, students will learn about sex from scandals on the covers of tabloids or grinding thongs on MTV. Even better, they'll hear tall tales from their clueless classmates.

If that's your idea of sex education, fine. It is a nice fantasy, after all.

Diana Middleton is a journalism senior and an Alligator editorial board member.

The views expressed here are not necessarily those of the Alligator.

Reader response

**Today's question:** Should UF switch over from Coke to Pepsi?

Monday's question: Are you following the Student Government election?

46% YES 54% NO 54 TOTAL VOTES

Vote or post a message at www.alligator.org

- 4 - 2 - 2 - 3 - 3 - 3 - 1

# Letters to the Editor

## SG does more than the Alligator reports

**Editor:** Student Government does positive work all year long that is underreported by the Alligator and/or unnoticed by students.

This past year, SG has rejoined the Florida Student Association, improved bus service (with 10 new buses purchased this year), added a night to Later Gator and a van to SNAP, finished renovations on the SG computer lab, increased the food budget for organizations across campus, produced tons of Cabinet programs and services and much more than I could ever list.

On any given night, there are several committees of concerned students working to improve campus life. The Alligator just chooses not to report the stories that aren't "juicy," such as SG Week or the Gator Guide committee.

My point is that SG does provide for students. SG officers are not "playing at government." We are hundreds of students working to make other students' lives better. We are doing what other students don't — many times with our only thanks being negative articles written about us and the work we have done.

Former Student Senate President Jess Johnson is right: SG only works for students when students want to be a part of it. So I challenge all Gators: Next time you see something you want SG to fix or do, walk to the third floor of the Reitz Union and tell someone. Get involved and let us know what you want — and not just during election season!

Otherwise, you're just perpetuating the status quo, and you'll never know what a difference your ideas could have made.

Zachery Jacobson

Students can demand SG responsibility

Editor: I think the tight-knit fraternity that is Student Government is becoming disheveled. Aren't microcosms funny? For as long I have been attending this university, I can remember widespread pissing and moaning in regards to the state of national politics, but we have only skimmed over the politician's fantasy camp that has been operating here for over 100 years, like little boys and little girls playing dress-up in their parents' big-person clothes.

Our modest bumble bees might not be the real thing, but the sting hurts just as badly. In the pages of this newspaper, students are starting to read things like "Greeks control SG" and that our student leaders double-cross, lie, promise positions and bribe. Well, not all of those have been explained just yet. But I know that the students are smarter than we may think. I recently overheard a girl say, "This was the most boring story in the paper. The Greeks control SG, big surprise," as she rolled her eyes.

We students need a shift. Or, at least, we need to make a decision. We can walk by, read these abstracts of the larger truth, live our student lives — dress nicely, slather on an odor, drink at parties and bars and try to find the next one-night stand — and witness them raise our tuition under the radar through the Activity & Service Fee, furnish their offices with expensive items (Does your mother or father have a personal office? With TVs?) and lead student groups through a labyrinth only to find funding slaughtered by the centaur in the middle, or we can release our attack dogs and demand more responsibility through our vote.

I had grown rigid with apathy, but in light of recent events, I want to focus my energy in the direction of the polls and the long lines extending from them. The college experience is more than studying, drinking and occasionally volunteering. It is a chance to see a smaller real life — adult training. Don't let SG members slide under

the doormat. We have a responsibility just as they do.

I can't play the peasant and let the battling Titans step on us. After all, when the hell are we finally going to ask what SG is doing for us?

Eric Gordon Former student senator

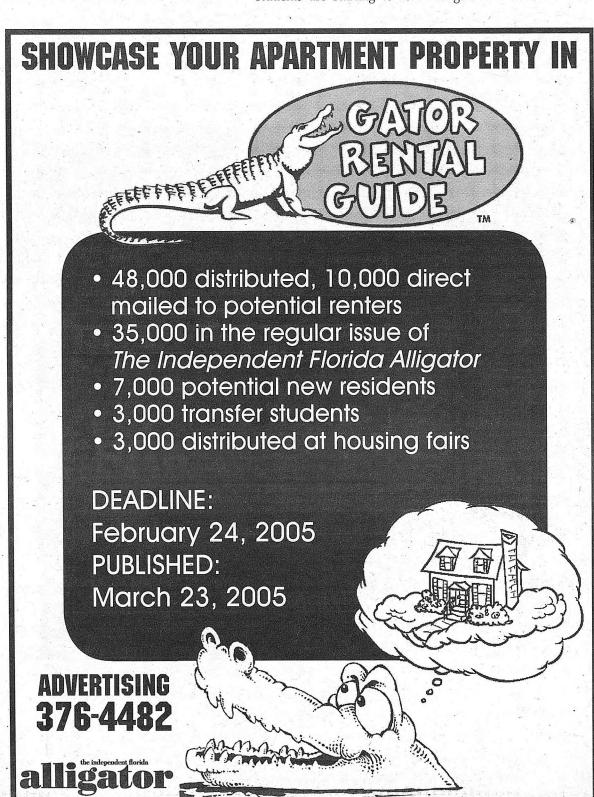
## Columnist lacks opinion, content, value

Editor: What kept you from junking Andrew Meyer's Friday column?

Last I checked, an opinion column contained "opinions" or, at the very least, "content." Instead, readers received an inane 600-word account of what kept Meyer from doing his job this week. It's ironic that, on his Web site, Meyer labels Jim Ellis' (a Fall 2004 columnist) writing as "really, really bad." Take a look in the mirror, Andrew.

Editors, the Alligator is a real newspaper, not some third-rate high school rag. You have an obligation to your readers to put a column like Meyer's on Friday where it belongs: the waste bin.

John Geyer 2EG







# **Progress Party** announces views

**THE PARTY ADVOCATES** FOR STUDENT INPUT AND AGAINST BLOCK TUITION.

By STEPHEN MAGRUDER

Alligator Writer smagruder@alligator.org

The **Progress** Party Student announced Government campaign platform Monday, promising accountability, responsibility and results if elected next month.

Progress presidential candidate MacKenzie Moritz said the party would provide ways for all students to get involved based on merit, hopefully ending SG legacy positions.

"Progress will eliminate the nepotism that is so prevalent in [SG]," he said.

Progress leaders said they also plan to fight block tuition, which would charge students a flat rate regardless of how many credits they take instead of charging for each credit.

Progress vice presidential Adam candidate Roberts, who also serves as technology cabinet director, said Progress supports the online voting initiative as well as providing a legal music-downloading service to students at a cost of \$10 per year.

SG already provides many good services, he said, but students who are unaware seldom take advantage.

"Progress will eliminate the nepotism that is so prevalent in [SG]."

> **MacKenzie Moritz** Progress presidential candidate

"Progress administration will embark SG on a long-term public relations campaign to make students aware of these services," Roberts said.

Four parties plan to run candidates for the March 15 and 16 election: Gator, Impact, Progress and Voice.

For a list of party platforms, please visit www.alligator.org.

# Impact VP candidate currently ineligible

**SG**, from page 1

elections declared him ineligible.

Supervisor Ali Blye referred questions concerning his ineligibility to an SG office manager handling the issue who was unavailable late Monday.

Mack said the ineligibility likely is due to an incomplete grade in his transcripts that has since been remedied.

Each candidate for all elected offices in SG must maintain a 2.0 GPA, be a full-time student and be in good standing with the university.

But if SG administration officially declares Mack

ineligible to run, the presidential candidacy of Impact leader and current Student Body Treasurer Dennis Ngin could come to an abrupt end.

The party would have until 5 p.m. Friday to find a new candidate, but the replacement must have originally slated as an Impact vice presidential hopeful.

However, the party boasts no such person, according to SG documents, and only Dean of Students Gene Zdziarski can override such a rejection.

And according to SG statutes, a presidential candidate must be accompanied by a vice presidential candidate to maintain eligibility to run.

Alligator Writers Bridget Carey and Stephen Magruder contributed to this report.

Dolly

and Phillip

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Played

# Lighthearted comedy worth seeing

ou Never Can Tell" the charades ahead when taking a seat at Constans Theatre.

As performed by UF's School of Theatre and Dance, George Bernard Shaw's comedy is a lighthearted love tale, fitting for a February.

The twisted story centers on the Clandon family and the few people entwined in their dilemmas. The children demand to learn about their birth father, whose 18-year absence has made them feel like outcasts.

Between a cassanova dentist named Valentine, an omniscient waiter and the children's father, the delightful twists and turns keep the play's pace from halting.



**Heather Berger** Curtain Call

hberger@alligator.org

Lauren Roth and Josh Prince, the pair has an outlandish technique of stealing the stage, keeping energy high throughout the play.

The set reflects the college's degree of professionalism. Brilliant color contrasts and regal decor create the social nobility that the Clandon family seeks to achieve. The technical aspects, along with fine period acting, set the scene perfectly.

Shaw's script is far-fetched, yet believable enough in its set time period to be funny.

Sophisticated language heavy accents make some dialogue run a little slow; however, you never can tell what humor will lurk behind each entrance.

"You Never Can Tell" plays at the Constans Theatre until Thursday with show times at 8 p.m. Tickets are available at all Ticketmaster locations for \$8 for students and \$12 for general admission.



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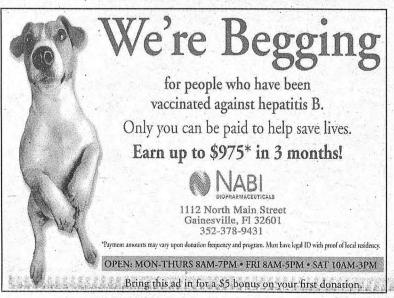
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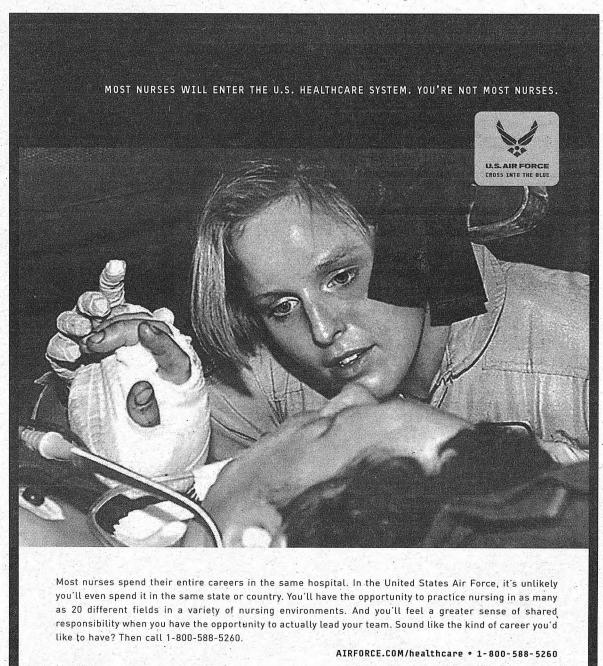
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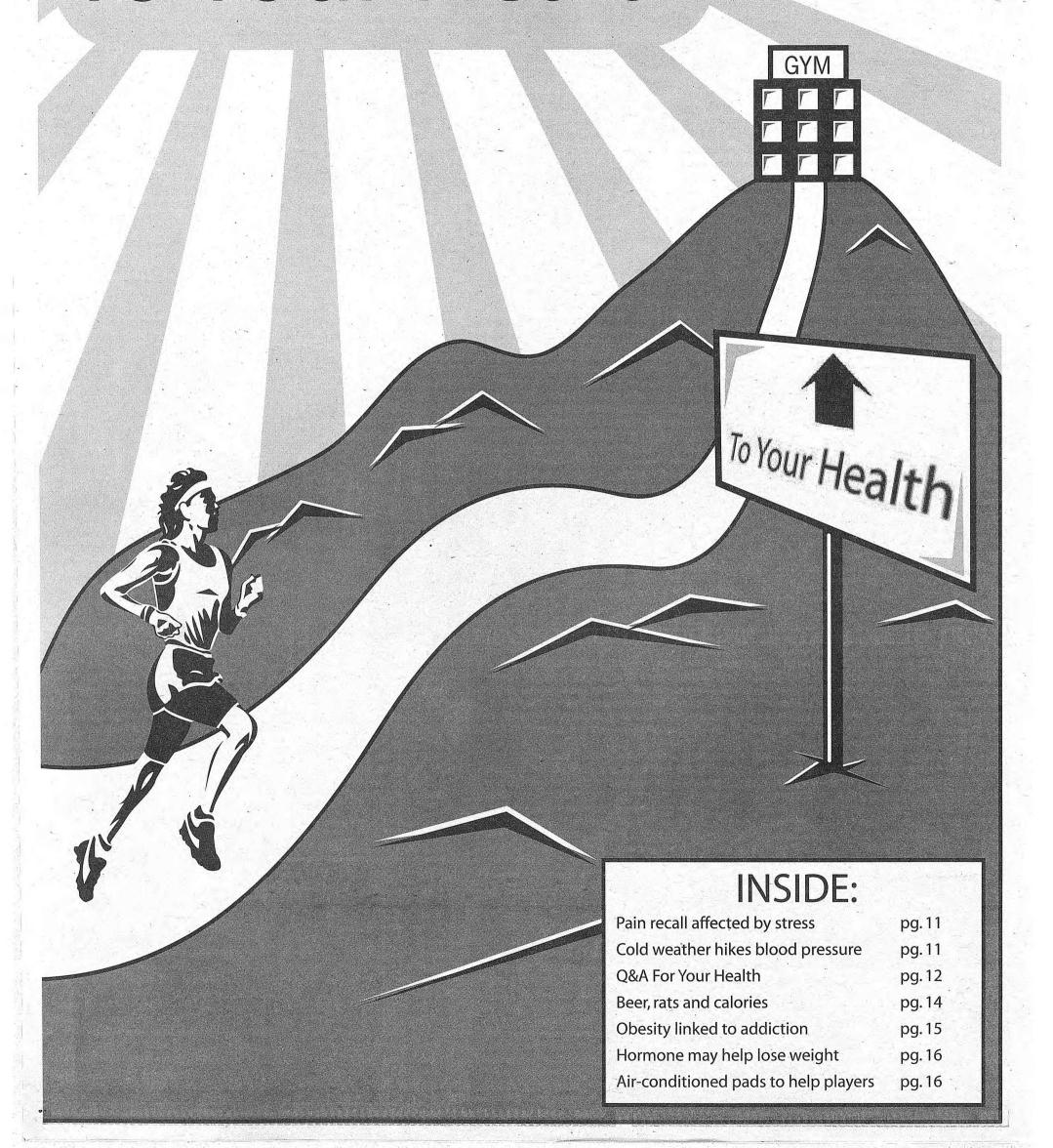
svernon@sg.ufl.edu

**Vote During SG Elections** on March 15 or 16, 2005 If a run-off is necessary March 22 or 23, 2005





# To Your Health



# UF, Harvard researchers put finger on how limbs develop

whether it's a politician flashing a thumbs up to a cheering crowd or a bride displaying a diamondbedecked ring finger.

Now scientists at the University of Florida and Harvard University have described how the art of cellular communication -- how cells "talk" and what happens when they stop - plays a crucial role in normal limb development and the formation of digits in mice, a discovery that sheds light on the same process in people. The researchers detail their discovery in today's issue of the journal Cell.

Why the five fingers on a hand form into the sizes and shapes they do, and the fundamental mechanisms that cause some people to be born without fully formed fingers or extra fingers has been a mystery until now. Understanding the development process could someday help doctors correct defects before birth, or help regenerate limbs lost to accident or amputation, researchers say.

"Everybody's goal is to figure out the normal process well enough so then you can go back and maybe help a human," said Brian Harfe, Ph.D., a developmental biologist at UF's College of Medicine and the paper's lead author. "For example, if a baby is missing a pinkie, and we formed in the first place, we might eventually be able to repair the defect by using what we know to induce a normal digit to grow."

The findings also could shed light on the development of the body's more-critical organs,

"This is the first time anyone has figured out how the body regulates the size - not just of the limb, but possibly of other organs during development," he said.

The researchers studied cells in the mouse embryo limb bud that express an active gene called Sonic Hedgehog, which is essential for normal limb development. The gene expresses a protein that acts like a dispatcher, barking chemical orders to other molecules and initiating limb growth. The researchers followed the cells that expressed the gene and found that in many of these cells, the Sonic Hedgehog gene eventually stops sending its message and migrates to another part of the developing limb. These cells then form a "wedge" that directly blocks another important signaling pathway in the limb. When communications break down between key molecules, the signal for limb growth shuts down at the right time and a normal limb results.

Although the discovery was made in mice, scientists say the same pathway is believed to function in human cells.

Harfe, an assistant professor of molecular genetics and microbiology, studied mice bred to harbor a pair of visible genetic markers in Sonic Hedgehog-expressing cells. That enabled him to follow what happened to the cells as a limb developed, even after they stopped expressing

"Sonic Hedgehog turns off as you start to form the fingers," Harfe said. "Previously we had no way of following what happens to the cells that were expressing this gene once it turned off. We needed to design a way to follow the fates of these cells once they stopped expressing the Sonic Hedgehog gene. Once we did that, we learned that they formed this wedge and that the cells that formerly expressed Sonic Hedgehog actually form the last two fingers."

Harfe found that the length of time and the concentration of Sonic Hedgehog that cells were exposed to determined which digit the cells would form.

"There has always been a huge debate in the field as to how you get a pinkle as opposed to an index finger or a thumb," Harfe said. It is known that Sonic Hedgehog is expressed in a gradient,

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he said. "What we found is that both of the last two digits are formed directly from the cells that formerly expressed Sonic Hedgehog.'

The cells that were exposed to the highest concentrations of Sonic Hedgehog, both because they were closest to it and for the longest periods of time, become the fourth and fifth digits in mice, akin to the ring and pinkie fingers in people. The digits farther away from the source of the gene form the second and third fingers, analogous to the index and middle fingers in people. The cells with no exposure to Sonic Hedgehog form the thumb, or first digit.

Sun Xin, an assistant professor of medical genetics at the University of Wisconsin at Madison, said, "I think Dr. Harfe's research described in the Cell paper is very important to the limb development field. The research allowed the authors to put forward a new model of how different structures form along the anterior/ posterior axis of the limb. It will allow us to rethink the role of many other molecules involved in anterior/posterior patterning."

For more information contact: Denise Trunk, 352-392-2844, e-mail: dtrunk@vpha.health.uf

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# UF researchers explore pain recall in patients

dentist's office would be stress-free and painless. But if you're like 25 million other Americans, the mere thought of reclining in a dentist's chair probably fills your heart with dread.

You may have been there before and it didn't feel good. Or, at least, you think it didn't.

Now, a report published by University of Florida College of Dentistry researchers in this month's Journal of Pain demonstrates much of that negative recall may be in your head. It turns out that an individual's memory of pain months later may have more to do with how emotionally stressed the person was during the experience than how painful the experience actually may have been.

"Clearly, many dental and medical procedures are aversive and anxietyprovoking, fear-provoking and uncomfortable in general," said Jeffrey J. Gedney, Psy.D., a pain behavior research fellow in the college's division of public health services and research.

"What we found was that emotional factors became a better predictor over time of what people would recall than was their level of pain during their experience."

The study was designed to measure just how much stress - such as the normal anxiety one may feel when receiving medical treatment - influences how painful people remember their experience being. Researchers found that subjects who were stressed during their painful experience recalled more pain after several months than they reported at the time of the painful event, and women remembered more pain than men.

Study subjects, 52 men and 48 women, were asked to complete two 15-minute experimental sessions. one stressful and one stress-free. In the stress-inducing session, they were asked to give extemporaneous speeches about difficult social issues to a live audience and before a video camera. During the nonstressful session, participants were allowed to read neutral magazines about gardening or travel. Stress levels of people in both sessions were measured by before and after questionnaires, sampling for stress hormones in saliva and monitoring heart rate. Subjects were found to have both emotional and physical stress responses to session activities during only the stress session.

After both sessions, participants were asked to complete a two-minute pain task in which they rated the severity of their pain from an "icecream headache" caused by holding a bag of crushed ice against their foreheads. Subjects then completed another series of questionnaires designed to rate their emotional states immediately after the pain task.

To determine how much and what subjects remembered of their pain over time, researchers conducted telephone interviews of 68 people who agreed to participate in a sixmonth follow-up survey.

"We found that nearly everyone recalled more pain at six months than they reported at the time of the experience," said Henrietta L. Logan, Ph.D., director of the college's division of public health services and research and Gedney's co-investigator.

"Women tended to recall more pain, and moreover, people in the stress condition recalled more than people from the non-stress condition."

Patients recalled nearly 10 percent more pain from the stress session than from the non-stress session.

"So, what we propose is that emotions, indeed, do have an influence on how people process and recall, at least in this case, painful experience," Gedney said, although he was careful to clarify that more research is needed to understand the gender differences in pain recall.

"The findings of this report indicate that health-care providers have added reasons to be careful to recognize and treat not just the clinical symptoms of disease, but the emotional reactions

of patients during treatment," said Robert Baron, Ph.D., a professor of psychology at the University of Iowa.

"Failure to do so will often heighten the patients' negative recollection of treatment stress, which in turn will be likely to discourage them from seeking follow-up or continued treatment."

Logan said health-care providers and their staff have a responsibility to recognize and address this phenomenon in patients.

"If the goal of the caregiver is to make the patient's experience as positive as possible, and to reduce anxiety by establishing a pleasant setting and paying particular attention to the personal comfort of the individual, it's bound to make a difference not only in the patient's willingness to come back but also in their long-term recall of the amount of pain they experienced," Logan said.

For more information, contact: Lindy McCollum-Brounley at 352-392-4431 or lbrounley@dental.ufl.edu

# old weather hikes blood pressure, UF scientist warns

When winter arrives and temperatures drop, there's one place the mercury actually rises — in blood pressure gauges.

A survival mechanism in people and other mammals constricts blood vessels in cold weather to conserve heat and maintain body temperature. But with less room for blood to move, pressure rises - along with the risk of fatal heart attack and stroke, which peaks during winter.

Many of these deaths could be prevented with simple precautions, says University of Florida blood pressure expert Zhongiie Sun. M.D., Ph.D., an assistant professor of physiology and medicine who has just uncovered a new facet of the mysterious mechanism after identifying a gene that triggers cold-induced high blood pressure in mice. UF researchers describe their findings in the current issue of the American Journal of Physiology - Regulatory, Integrative and Comparative Physiology.

"Everyone should bear in mind that cold temperature is a risk factor (for heart attack and stroke)," Sun said.

People especially at risk include those with high blood pressure, known as hypertension, and patients with health conditions that require strict blood-pressure maintenance, such as diabetes and chronic kidney disease.

"Patients with hypertension should be very careful when they go out (in the cold)," Sun said. "But normal people should take precautions as

Blood pressure, considered a key indicator of overall health, is the force blood exerts against artery walls. The measurement has two components - systolic pressure, taken when the heart beats, and diastolic pressure, taken between beats.

New, stricter U.S. guidelines issued in 2003 state that a healthy person at rest should have a blood pressure below 120/80, according to the American Heart Association. High blood pressure is defined as 140/90 or more, and readings from 120/80 to 139/89 are considered prehypertensive. Fifty million Americans are believed to have hypertension, and one-third of them are unaware of it.

How much will your blood pressure increase in cold? The answer depends on variables such as the current temperature and wind chill, the temperatures you're accustomed to, how long you're exposed and your health, dress and activity level, Sun said. But it doesn't take much; a previous study by Sun and his colleagues showed just five minutes' exposure to a temperature of 52 degrees Fahrenheit can cause pressure to rise substantially. And a common medical evaluation known as the cold pressor test shows that a person who plunges one hand into freezing water for one minute will experience a rise in blood . pressure lasting up to two hours.

People living in warmer climates aren't immune to cold-induced blood-pressure change, either, he said. UF researchers found that a control group of 12 healthy mice kept at a constant 41° F around the clock experienced a 50 percent increase in blood pressure after five weeks, he said.

"That's not terribly cold," he said. "It's about the average temperature of a Gainesville winter."

The study's major finding was that 12 genetically engineered mice that lacked a receptor activated by the vessel-constricting hormone angiotensin II experienced only an 11 percent blood pressure increase under the same conditions, Sun said. The results show, for the first time, that the receptor plays a key role in cold-induced blood pressure increases. The finding could point the way toward new treatment and prevention strategies that may eventually save lives, he added.

"We plan to collaborate with clinicians to look at blood pressure changes in hypertensive patients in all four seasons and see if reninangiotensin system control is a good way to control cold-induced hypertension," Sun said.

"You want to watch them (hypertensive patients) more closely, because if you use the same dose of antihypertensive drugs as in the summer, they may not be able to control hypertension in cold weather," Sun said.

Sun conducted the study with collaborators Xiuqing Wang, Ph.D., a UF assistant scientist in medicine, Charles Wood, Ph.D., a UF professor and chairman of physiology, and J. Robert Cade, M.D., a UF professor emeritus of medicine. The research was funded by a four-year, \$260,000 grant from the American Heart Association.

The UF findings suggest that further research would help explain whether cold-induced blood pressure increases are controlled by AT1A receptors located in blood vessels, or elsewhere, said angiotensin expert Irving H. Zucker, Ph.D., a professor and chairman at the University of Nebraska Medical Center's department of cellular and integrative physiology in Omaha, Neb.

"One of the things that would be useful to do is use models that target the deletion or overexpression of the angiotensin receptors to specific organs," said Zucker, who studies angiotensin's role in heart failure. "I'm sure Dr. Sun is thinking about that.'

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# OUESTIONSANDANSW

These questions and answers were created and prepared by Health Education & Behaviors Interns Erin Audin, Brenda Jean, and Krupa Patel in cooperation with staff from the Student Health Care Center. For answers to other questions or for further information, please contact the GatorWell Health Promotion Services Department at (352) 392 1161 ext. 4281 or www.shcc.ufl.edu/gatorwell.

# Q: What impacts how drunk you get?

A: Gender, body weight, food consumption, fatigue, being sick, and taking any type of prescription or other drug, are all factors that can impact how drunk you can get. Men have more of the enzyme that metabolizes alcohol than women. Men also usually have more muscle mass and body weight than women. Eating food, especially a full meal before drinking can slow alcohol absorption. Being tired and feeling run down can lower your immune system. Combining a prescription drug or any other drug with alcohol can create a synergistic effect, which can be dangerous because you will not know what type of reaction you will experience.

# Q: Will milk make you get less drunk? What can you do before bed to prevent a hangover?



**A:** No, drinking milk will not make you less drunk. If you are concerned about not getting drunk and avoiding a hangover, there are low-risk drink strategies you can follow. The first thing to do is limit the amount of alcohol you consume. Other strategies include the following:

◆ Drink slowly. Try to consume one drink per hour since your body metabolizes approximately one drink per hour.

- Allow time between drinks.
- ◆ Eat food before you drink. Preferably something with protein and substance, such as a sandwich or pasta; not just chips and dip, or bread.
- Alternate alcoholic drinks with non-alcoholic drinks.
- ◆ Set a limit before going out to drink. Only take enough cash for that set amount and leave your ATM card at home.
- Stop drinking before you've reached your limit.
- ◆ Before you go out, plan on how you will get home safely. Don't drink and drive.
- ◆ Use a designated driver.
- ◆ Always try to drink water before, during, and after to stay hydrated, since alcohol is a diuretic.
- ◆ Remember, if you or a friend is not responding, 911 should be called to get help immediately.

# Q: How does marijuana affect you in the long term?

**A:** Long-term use of marijuana may increase the risk of chronic cough, bronchitis, and emphysema, as well as cancer of the neck and lungs. Marijuana smoke contains 50% to 70% more carcinogenic hydrocarbons than does tobacco smoke. Using marijuana may promote cancer of the respiratory tract and disrupt the immune system. Use also affects alertness, concentration, perception, coordination, and reaction time-skills that are necessary for safe driving. Heavy marijuana use impairs the ability of young people to concentrate and retain information

during their peak learning years. THC, the main active chemical in marijuana, changes the way sensory information crucial for learning and memory gets into, and is processed by, the brain. Marijuana has also been proven to be a psychologically addictive drug. Some heavy users of marijuana show signs of dependence, developing withdrawal symptoms when they have not used the drug for a period of time.

# Q: What do popular drugs (speed, ecstasy) do to your body?

**A:** The most "popular" drug would be alcohol. Anytime you use a drug, you are changing the chemical balance of your body. Many of the risks associated with ecstasy are similar to those found with the use of amphetamines and cocaine, such as: psychological difficulties, including confusion, depression, sleep problems, drug craving, severe anxiety, and paranoia; physical symptoms such as muscle tension, involuntary teeth clenching, nausea, blurred vision, rapid eye movement, faintness, and chills or sweating; increases in body temperature to potentially fatal levels; and increases in heart rate and blood pressure.

# Q: How bad is second-hand smoke?

A: Secondhand smoke, also known as environmental tobacco smoke (ETS) or passive smoke, is a mixture of two forms of smoke from burning tobacco products:

- ♦ Sidestream smoke: smoke that comes from a lighted cigarette, pipe, or cigar
- ◆ Mainstream smoke: smoke that is exhaled by a smoker

Nonsmokers exposed to secondhand smoke absorb nicotine and other compounds just as smokers do. The greater the exposure to secondhand smoke the greater the level of these harmful compounds in your body. The US Environmental Protection Agency (EPA) has classified secondhand smoke as a Group A carcinogen, which means that there is sufficient evidence that it causes cancer in humans. Secondhand tobacco smoke contains over 4,000 chemical compounds. More than 60 of these are known or suspected to cause cancer. Secondhand smoke can be harmful in many ways. In the United States alone, each year it is responsible for:

- ♦ An estimated 35,000 to 40,000 deaths from heart disease in people who are not current smokers
- ◆ About 3,000 lung cancer deaths in nonsmoking adults
- Other respiratory problems in nonsmokers, including coughing, phlegm, chest discomfort, and reduced lung function

(Statistics from the American Cancer Society)

# Q: How does alcohol consumption affect weight-training?



A: One of the keys to weight-training is to stay hydrated. Alcohol is a diuretic and will dehydrate the body. Also, getting adequate amounts of sleep is important for weight-training. When you drink alcohol, your body is not getting the deep sleep known as Rapid Eye Movement (REM) that will help to heal and

rejuvenate the body. When you are drinking alcohol, you are consuming empty calories which will hinder effective weight training.

# Q: Is there such a thing as exercising too much?

A: Absolutely. Too much exercise can lead to overtraining syndrome, which is characterized by fatigue, decreased performance, disturbed sleep and eating, menstrua irregularities in women, muscle soreness, pain, injury and impaired immune function. If you exercise ever when sore or injured, if exercise feels like an obligation or if you spend more of your time and energy than you would like thinking about or engaging in exercise, you may be a compulsive exerciser. Give yourself rest day: from exercise, explore new or different forms of exercise and/or seek assistance from a counselor. Counseling is available at Mental Health Services at the Studen Health Care Center and at the Counseling Center in Peabody Hall. Free fitness advice is available to enrolled UF students through the Student Recreation and Fitnes Centers. Please visit <u>www.recsports.hhp.ufl.edu</u> fo more information.

# Q: How can I feel and be healthy withou always being on a diet?

**A:** Eat when you are hungry and stop when you are ful Diets have been known to cause weight gain. Visit Health Weight 101 on the SHCC website at <a href="https://www.shcc.ufl.edugatorwell">www.shcc.ufl.edugatorwell</a> for more information.

# Q: Where can I get free HIV testing withou traveling far from campus?

**A:** There are many facilities in Gainesville that off anonymous or confidential HIV testing, however, no all centers provide free testing. Free testing centers i Gainesville include:

- Planned Parenthood (914 NW 13th Street; 377-0881
- Alachua County Health Department (224 SE 24th St 334-7900, ext. 79621),
- ◆ Equal Access Clinic (625 SW 4<sup>th</sup> Avenue; number n listed, walk-in clinic only)

# Q: How do I avoid being a victim of hereditary illness or decreasing m susceptibility to heart disease, cance and other illnesses which carry a geneti component?



A: Having a risk factor doesn't necessarily meathat you will develop cardiovascular diseas just that you could. That is why your doct asks about your personal and family medic history — so he or she can assess if you are greater risk for having a heart attack or strol and recommend therapies that are well suite to you. If you have one or more risk factors for cardiovascular disease, you are part of a grouthat is at higher risk for cardiovascular disease.

Having many risk factors increases your risk furthe Every risk factor that you control may help to reduce your risk of cardiovascular problems. If you are at his risk for heart attack, stroke, or cardiovascular death, you may be able to take steps right now to reduce your ris Even though you cannot change your age, gender, family history, you may be able to eat right, exercise, quesmoking, and lower your blood pressure. Eating health fresh foods and getting regular exercise may help:

Lower your cholesterol

# ERS FOR YOUR HEALTH

- Control your blood sugar
- Control your blood pressure
- Control your weight

# : Will it be harder to have children if I go on ne pill?

A: Not necessarily. Although it may take a few months for your hormone levels to return to normal once you stop taking the pill, you may possibly be able to get pregnant during your

st pill-free cycle. Many women believe that they need periodically give their bodies a "break" from their birth ontrol pills; however, there is no medical basis for this elief. In fact, a woman can use birth control pills safely om the time she becomes sexually active until she caches menopause, as long as she does not have any of the risk factors for taking the pill. A health care provider an help you determine if you have any risk factors. So the pill and/or use a back up method of birth control to the accordance of the pill and/or use a back up method of birth control to the pill and/or use a back up method of birth control to the pill and/or use a back up method of birth control to the pill and/or use a back up method of birth control to the pill and/or use a back up method of birth control to the pill and/or use a back up method of birth control to the pill and/or use a back up method of birth control to the pill and/or use a back up method of birth control to the pill and the pill and

# : Do you gain weight when you're on the ill? How can you prevent it?

There are many different hormonal formulations of rth control pills and the potential for weight gain really spends on the type of pill that you are on. Birth control lls that consist primarily of the hormone progestin have lower potential for weight gain, where as pills that are gher in estrogen may cause weight gain through water tention. To minimize this type of weight gain, it is a good ea to limit your sodium (salt) intake and also - while it ay seem counterintuitive - drink plenty of water (at least 8 asses a day). Drinking water helps your body to eliminate cess sodium and other impurities. Lastly, try to maintain regular work out routine.

# : Men, Alcohol and Impotence?

While consumption of alcohol may seem to loosen your xual inhibitions, excessive drinking can cause temporary potence (inability to achieve an erection) in men. Alcohol a depressant, which affects the central nervous system in directed blood flow to areas of the body, including eigens. Alcohol also increases estrogen levels in men. In it is increased been associated with evelopment of swollen breasts, shrunken testicles, and ingiter impotence. Ladies, consumption of alcohol also ecreases vaginal and clitoral sensation, which reduces our ability to achieve orgasm.

# : Atkins, Atkins, Atkins! Does it work? Is it ealthy? What is the best commercial diet?



promise a quick fix, encourage or require you to stop eating certain foods, contradict recommendations reputable health organizations,

nd identify "good" and "bad" foods. If these diets and too good to be true, then they probably are. It is ever healthy to cut entire food groups out of your diet, with Atkins. Basically, no commercial diet is great the long term, in fact they typically cause individuals gain their weight back (plus some) when the diet

is ended. The best diet has a balance of all the food groups in order to get all your required vitamins and minerals.

# Q: How can you be healthy when you can't make it to the gym and eat well on the run?

A: Start by incorporating physical activity into your daily routine. Walk briskly or ride your bike to class (or if you take a bus, get off a few stops before your regular stop and walk), take the stairs whenever possible, take your notes to the gym and ride a stationary bike while you study, or do sit-up and push-ups while watching your favorite television show. In order to eat well when you are very busy you need to plan your meals ahead of time. Pack a balanced lunch and bring it with you when you do not have time to go home to eat. Bring healthy snacks to hold you over like fruits, cheese and crackers, nuts, or vegetables. If you are eating out try to focus on grilled items, rather than fried and always eat something green, like a side salad or steamed veggies.

# Q: What is the best way to keep up with a routine or diet?

**A:** The best approach is to take small steps that are realistic when you first start a new workout or diet. Have a buddy to help motivate you. Eventually the routine will become a habit that you will look forward to during the day.

# Q: Which vitamins should be taken?



A: A general multivitamin like Centrum or One-a-day is safe. However, try to improve your diet first to get all your necessary vitamins. If you do not get 3 servings a day of dairy foods or equivalents (i.e., soy milk), calcium

supplements may be warranted.

# Q: If you work out religiously, do you still have to eat a well-balanced diet?

**A:** Absolutely! It is the total balance of healthy lifestyle behaviors that promote health.

# Q: What are the effects of coffee and soda?

A: Up to 2-3 cups of coffee (8 oz each) have not been shown to have negative health consequences. However, individual response to caffeine may vary, so if you are experiencing insomnia or anxiety, caffeine may worsen these symptoms. Excess soda intake adds a lot of calories and no vitamins or

minerals. Also, there are many "energy drinks" that are comparable to several cups of coffee in one beverage.

# Q: Are there foods that burn fat? Are 3 meals a day better than 5?

**A:** Eating frequently throughout the day can be a good strategy to manage hunger and maintain energy levels as well as support metabolism. There are no individual foods for fat burning.

## Q: What is a healthy way to gain weight?

gain their weight back (plus some) when the diet A: To increase weight, add more calories either

by increasing intake at meals or adding snacks. A balanced diet is still important. Adding muscle requires exercise and a little extra protein, but you can easily meet these protein needs (about 1/2 gram per pound of body weight) with regular food and do not need protein supplements.

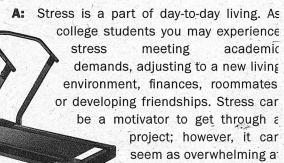
# Q: Do diet pills work?

**A:** Diet pills have not been found effective in long-term weight management, and often are risky to health. Ephedra, an ingredient in diet pills that has beer implicated in numerous deaths, has been pulled from the market recently. Most ephedra-free diet pills have high doses of caffeine.

# Q: How to become more flexible/what impact it has on health?

**A:** Flexibility can be improved with stretching 2-3 times per week. Many of you might like yoga or pilates for their benefits to flexibility.

# Q: What exercises or activities can you do to relieve stress and relax in order to study better?



things you can do to reduce your stress and relax. The key is to find something, or a mixture of things, that work for you and use the tools when you notice you are getting stressed. Here are just

times. There are severa

- a few:Manage your time effectively.
- ◆ Take 5-10 minutes breaks every hour to hour and a half when you are studying.
- Learn diaphragmatic breathing techniques.
- ◆ Get 7-8 hours of sleep consistently each night.
- ♦ Take a group exercise class at the Rec Centers maybe try Yoga or Pilates.
- Get a massage.
- ◆ See a counselor on campus or go to a counseling group

# Q: What signals tell you that you are stressed?

A: There are many signs and symptoms of stress, many of which vary by individual. There are things that might happen to you when you get stressed that do not happer to you friends or family members. General signs can be mental, emotional, or physical. Mentally, you may fee that you are not able to concentrate or you may be forgetful. Emotionally, you may feel frustrated, anxious or irritable, more than normal. Physically, you may notice your heart rate increase; palms get sweaty; you teeth may clinch, and you can possibly have difficulties sleeping, digestive changes, or headaches.

# UF researchers map bacterial proteins that cause tooth loss

The human mouth teems with millions of enameleroding, gum-inflaming microbes.

One of these, Porphyromonas gingivalis, is a bacterial homesteader that stakes a claim deep within the spaces between teeth and gums. It's also the leading cause of tooth loss — secreting proteins that destroy the soft tissues and bone that support teeth to cause periodontal disease.

Now scientists have identified the thousands of proteius the bacterium produces, shedding light on how it interacts with healthy cells in order to thrive, according to dental researchers from the University of Florida and the University of Washington. They describe their findings in the current issue of the journal Proteomics.

"Determining which proteins are expressed in greater levels in the mouth has allowed us to gain clues as to how P. gingivalis might be causing disease, and what we might be able to do with drugs or vaccines to prevent it," said Richard Lamont, Ph.D., a professor of oral biology at UF's College of Dentistry and study investigator.

The National Institute of Dental and Craniofacial Research estimates 80 percent of adult Americans have some form of periodontal disease, their symptoms ranging from mild gum irritation to complete tooth loss.

People with periodontal disease also are at increased risk of stroke and heart attack, and the disease makes it difficult to control blood sugar levels in people with diabetes. If that's not bad enough, pregnant women with periodontal disease are seven times more likely to deliver low-birth-weight, preterm babies.

Proteins are important to study because they are the foundation of the cellular structure of every living organism, Lamont said. They carry on the day-to-day biology of life, going about their business as enzymes and antibodies. They can also cause disease.

"The genes themselves are only important in that they encode the proteins," Lamont said. "It's the proteins that are most responsible for disease, and in most cases it's proteins that are vaccine and drug targets."

The scientists have been trying to understand how P. gingivalis interacts with healthy oral tissues to cause such devastation. In this study, they used cutting-edge molecular research techniques to map all the proteins

- known as the proteome - produced by P. gingivalis. Ultimately, the researchers were able to fill hundreds of gaps in the organism's sequence of roughly 2,000

Until now, scientists had identified less than 2 percent of the pathogen's proteins and had to guess at what other proteins might be present in the proteome based on similarities to other known proteins, said

"This study has done two things to advance that," Lamont said. "We've identified the complete protein complement of the organism, and we've looked at how those proteins are expressed when the organism is in an environment that closely mimics an oral situation."

To do this, Lamont and his colleagues compared the proteins secreted by P. gingivalis when grown in a medium containing human gum cell proteins with the proteins produced by the bacteria when grown in a neutral medium. Bacterial proteins from the two conditions were separated using a new technique called Multidimensional Protein Identification Technology, or MudPIT.

Once separated, mass spectrometry was used to measure each protein's mass and charge, identifiers as unique to proteins as the whorls of fingerprints are

The spectrometry measurements were fed into a computer database to create a computational model of the P. gingivalis proteome, resulting in a surprising find.

"Some of the proteins we previously thought were important when they were expressed in the lab proved not to be when the organism is in an environment that mimics the oral cavity," Lamont said.

To put it simply, the behavior, or protein expression, of the organism when it's at work in the human mouth is very different from its behavior when it's vacationing in a Petri dish.

"An organism growing in a lab isn't causing disease," Lamont said. "It's an organism that's in your gums, your lungs, your heart valves, your arteries causing disease."

The next step will be to expose P. gingivalis to other oral pathogens to determine what interactions may exist that contribute to infection, he said.

# UF researchers: Beerdrinking rats better at counting calories

Football fans faced with a frosty pitcher of beer and a heaping platter of wings on Super Bowl Sunday often respond as if it were fourth-and-goal — they go for it.

But weight-conscious people should heed the humble rat, which stays trim by instinctively cutting calories when indulging in alcoholic drinks, say researchers at the University of Florida's psychology department and the Evelyn F. and William L. McKnight Brain Institute.

Rats also know how to say no to the brew, stopping at what would amount to two or three drinks in most people, according to a paper in the current issue of Pharmacology, Biochemistry and Behavior. Many people ignore the same instinct - a shortcoming that can spell dietary disaster.

"Behavior in humans is complicated because we are bombarded by social and marketing factors that stick food in front of our face every which way we turn," said Neil Rowland, Ph.D., a professor of psychology who studies the neural mechanisms of obesity, eating disorders and alcohol abuse. "It's difficult to say no."

People cannot simply cut food calories while they're drinking without also considering the effect it will have on their sobriety, researchers caution. But it's also important that they consider the effect that drinking has on their waistlines.

An estimated 65 percent of U.S. adults and 16 percent of children adolescents are either overweight or obese, according to the 1999-2002 National Health and Nutrition Examination Survey done at the Centers for Disease Control and Prevention.

Furthermore, a CDC analysis Americans consume more calories than they did 30 years ago. On average, women increased their daily calorie consumption 22 percent between 1971 and 2000, from 1,542 calories per day to 1,877 calories. During the same period, men increased their calorie intake 7 percent, from 2,450 calories per day to 2,618 calories.

UF scientists, who monitored the food, fluid and alcohol intake of six male and five female rats over several days in three separate

see RATS, page 16





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# UF researchers report link overeating, obesity and addiction

University of Florida addiction researchers say mounting evidence suggests chronic overeating can be a form of substance abuse, and that illicit drugs snare users because they engage brain pathways associated with appetite and the enjoyment of food.

Four UF studies published in the current issue of the Journal of Addictive Diseases present new evidence linking overeating, obesity and addiction, and could have treatment implications for people struggling with weight problems, alcoholism or drug use, said Mark Gold, M.D., chief of addiction medicine at UF's College of Medicine and co-author of three of the papers.

"What's the difference between someone who's lost control over alcohol and someone who's lost control over good food?" asked Gold, who also is a distinguished professor of psychiatry at UF's McKnight Brain Institute. "When you look at their brains and brain responses, the differences are not very significant."

Gold, an early proponent of the food-as-

drug model, said the medical community considered the idea radical a decade ago, but many addiction specialists now give it serious consideration. Advances in imaging technology, neurochemistry and other fields have enabled basic science researchers to map rodents' brain pathways and show how food and drugs evoke similar responses. At the same time, clinical researchers such as Gold have begun investigating the relationship between food-seeking and drug-seeking behaviors in people.

"We've taken the position that overeating is in part due to food becoming more refined, more palatable, more hedonic," Gold said. "Food might be the substance in a substance abuse disorder that we see today as obesity."

Obesity is the second most common cause of premature death in the United States, and is predicted to overtake tobacco use as the No. 1 cause within a few years, he said. About 24 percent of U.S. adults aged 20 years and older are obese, according to estimates from a 2003 National Center for Health Statistics survey.

Treatment for drug or alcohol addiction may

be more likely to succeed if it includes a plan for a healthy diet and regular exercise, according to one of the papers Gold co-authored. A case-history review of 75 teenagers undergoing long-term residential drug treatment showed they gained an average of 11 pounds during the first 60 days, a change researchers believe may have happened to compensate for the loss of brain stimulation when drug use ended. The patients were monitored with urine screens to ensure they remained drug-free during treatment.

"Theoretically, the (finding) has the implication that says there is a push-pull — if the drugs are there, eating goes away; if drugs are gone, eating increases," Gold said.

Similar supportive data came from a UF study in the journal that correlated obesity and self-reported alcohol use in female patients undergoing weight-loss treatment. The more obese the patient, the less likely she was to drink alcohol, said UF addiction medicine expert William Jacobs, M.D., who helped review the files of about 300 women 16 to 79.

"The impression that a lot of folks have,

including health-care providers, is that obese patients sit around and drink, that's part of the reason they're obese. And this has shown exactly the opposite," said Jacobs, an assistant professor of psychiatry and anesthesiology. "Eating is probably competing and substituting for alcohol in the brain in the reward pathways in these patients."

Future research could help scientists determine which patients would benefit by being treated as food addicts, Jacobs said. Some people overeat because they suffer from conditions such as depression or diabetes, and successful treatment for the underlying cause may reduce their eating to healthier levels.

Because the mechanisms that cause the urge to eat and the urge to abuse alcohol or drugs appear to overlap, researchers may one day be able to design medications that would reduce the desire for both activities, said Satya Kalra, Ph.D., a UF professor of neuroscience. In the meantime, researchers say, exercise and a healthy diet are the best prescription for weight loss and weight maintenance.

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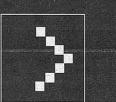
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# UF study: hormone may keep off pounds

Need motivation to keep those New Year's resolutions to eat better and get more exercise? A University of Florida study in rats suggests dieters who persevere long enough to lose a few pounds may be rewarded with help from a slimming hormone that's otherwise stifled by excess fat.

Described in the current issue of Obesity Research, the study showed adult rats fattened on a high-calorie diet returned to their original weights when scientists used gene therapy to produce the hormone, called leptin, in the rodents' brains, said Satya Kalra, a UF College of Medicine professor of neuroscience who led the study. Leptin is produced by mammals, including people.

The findings suggest the hormone could eventually provide better weight-control methods; today they're a reminder that unwanted pounds are best fought with persistence and prevention.

"The take-home message (of our study) is it's very important that we maintain a healthy lifestyle," said Kalra, a member of UF's McKnight Brain Institute. "That includes a lot of energy expenditure through exercise and tight control on calorie intake."

The number of Americans with weight problems has skyrocketed in recent decades, according to the Centers for Disease Control and Prevention. Currently, almost 59 million Americans are considered obese, meaning that they have a body mass index of 30 or more. Body mass index is a measurement of fat in relation to lean body mass.

Leptin, produced in mammals' fat cells, helps regulate energy use by signaling the brain to reduce appetite and burn more calories, Kalra said. But there's a caloric Catch-22: Overweight mammals produce more leptin, so much that it impairs the very mechanism that should eliminate excess fat.

"For reasons unknown, when leptin levels are increased in the blood (leptin is) ineffective in performing its normal function — this is sometimes referred to as leptin resistance," Kalra said. "It increases more quickly if the animal consumes a diet that's very rich in calories."

For several years, Kalra and his wife

Pushpa Kalra, a UF professor of physiology and functional genomics, have sought to overcome leptin resistance in rats and mice by delivering leptin-producing genes to the hypothalamus, an area of the brain that controls many basic body functions and contains receptors activated by leptin. The current study, funded by a 5-year, \$1.9 million grant from the National Institutes of Health, focused on a tiny subdivision of the hypothalamus called the paraventricular nucleus.

"Most of the data (from past studies) indicate that the paraventricular nucleus is one of the most important targets for the action of neurotransmitters that stimulate or inhibit appetite, and also the neural circuits that increase energy expenditure," Satya Kalra said.

Although the paraventricular nucleus works in tandem with other structures in the hypothalamus, the UF researchers wanted to determine whether leptin could be successfully produced there. Besides the Kalras, the team included Michela Bagnasco, Michael Dube and Adi Katz.

The study used 30 adult female rats, separated into two groups. For 80 days, one group was fed standard rat chow containing 11 percent fat, while the other received a high-calorie food containing 45 percent fat. At the end of that period scientists injected a solution containing copies of the gene that produces rat leptin into the paraventricular nuclei of six rats from the high-fat group that had become obese. As a control, another six of the obese high-fat rats each received an injection of a solution containing a gene that produces a protein that has no effect on leptin production. The animals fed standard rat chow received no injection.

The vector used to deliver the genes was the apparently harmless adeno-associated virus, used in numerous studies at UF and elsewhere.

The rats' body weights and food intakes were monitored for almost two months and compared with data from the group that did not receive gene therapy. At the 80-day mark, when the injections were given, the

average weight of the obese high-fat group was 20 percent greater than it had been at the beginning of the experiment. But 56 days after the injections, the average weight of the rats that received leptin gene therapy was only 3 percent greater than it was when the experiment began. Those that received the green fluorescent protein remained 20 percent heavier until the experiment's end. Among the animals fed standard rat chow, which initially gained weight but then leveled off, the average weight was about 10 percent heavier at the end of the experiment.

"(The results) supported our hypothesis that there is some kind of insufficiency of leptin in those sites that are the targets of leptin in normal conditions and in normal rats," Kalra said.

Next, UF researchers hope to learn how long the paraventricular nucleus produces leptin after gene therapy is administered, Kalra said. Because the procedure involves surgery, possible human applications are years away, but knowledge gained through the rat studies may lead to noninvasive methods of overcoming leptin resistance.

Leptin resistance intrigues scientists and affects up to 95 percent of dieters, said leptin expert Tamas Horvath, head of reproductive neuroscience at the Yale University School of Medicine's department of obstetrics, gynecology and reproductive sciences.

"I think it's difficult to predict what is the role of leptin resistance in our inability to lose weight in the initiation of a diet," Horvath said. "What we've been discovering in working with the hypothalamus in particular is the tremendous amount of plasticity going on during these endocrine metabolic events, so it's reasonable to assume that the wiring of the hypothalamus is affected by both leptin resistance as well as the diet, and that may add another level of complexity to this whole behavior paradigm."

There's no magic pill for easy weight loss, but exercise and good nutrition are as reliable as ever, he said.

"It's important to emphasize both," he said.

RATS from pg. 14

experiments, said their work supports the idea that people don't consider the nutritional aspects of beer, liquor, mixed drinks and even soft drinks.

"I think it tells people to watch what they are eating," Rowland said. "Outside factors are overriding the natural signals that we've eaten enough or have had too much to drink. That's not a novel concept, but it is a good description of what's happening. Some folks stand by the chip bowl and consume a lot of food with their alcohol, when they need to think about drinks in general as components of their energy intake. The rats can count these calories very well. People can be educated to think about these internal signs that the rats are so aware of, and eat one less sandwich and have one less drink."

More than 50 years ago, scientists noticed that Americans think of alcoholic beverages as a drug, not as a source of nutrition, Rowland said. Since then, researchers have studied caloric compensation in humans and in animals, noting that rats instinctively manage their weight by not eating as much when they receive calories from alcohol. Scientists believe people may ignore the internal stop signs.

But the rodent imbibing experience in previous experiments didn't parallel the human one. Rats would drink the ethanol and water that scientists mixed for them only if nothing else were available — not the typical atmosphere you'd find at a tailgate party. In addition, people usually prefer a variety of ingredients in their drink selections, which makes the matter of assessing calories far more complicated.

"Most humans consume alcohol in a mix with something else, like a beer or a margarita, which has lots of other components in it," Rowland said. "If the body has to count calories, the mechanism must be complex enough to analyze more than just one thing. The point was to develop in rats a way in which they willingly consume relatively large amounts of alcohol, and to see if they could still manage calories."

In the current study, UF researchers made alcohol more palatable by adding it to decarbonated, non-alcoholic beer, which also allows scientists to precisely measure the alcohol content. In a separate test they presented the alcohol mixed into a sweet gelatin.

Both male and female rats cut back on their calories from food and maintained a consistent intake of overall calories during the experiments, even with access to plenty of food, fresh water and palatable alcohol.

"The important thing is that the rats were able to accurately compensate for their calories when they electively consumed alcohol," said Allen Levine, Ph.D., head director of the Minnesota Obesity Center and a professor of food science and nutrition at the University of Minnesota. "But people have access to a tremendous variety of foods, and because of that, we don't compensate well. We have to use volitional control — willpower — to control our caloric consumption. This isn't a big deal for some people, but for others, who might be addicted to alcohol or food, it is a problem."

Additional investigation of the long-term effects of alcoholic nutrients in rats may shed more light on the internal and external signals that regulate caloric intake in humans, researchers say. But until then, the battle of wills this Sunday won't just be on the playing field, but in the buffet lines.

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# Air-conditioned pads could help players stay cool

 ${\sf Heat-it's}$  one opponent that can humble the toughest football player, especially during summer practices and early season games.

But researchers at the University of Florida's College of Medicine have found a way to turn the sidelines into a temporary oasis for sweltering gridiron gladiators, by designing shoulder pads that deliver one of the Sunshine State's favorite luxuries — air-conditioning.

In preliminary research, Jacksonville University players tried the pads and said the rush of chilly air around the chest, back and shoulders was refreshing, said Nikolaus Gravenstein, M.D., a UF professor and chairman of anesthesiology and the system's codeveloper. College and professional teams around the nation have expressed interest in the system.

Further studies with players will help UF researchers better understand how much the system reduces heat stress and dehydration and improves the quality of play, he said. Similar products are in development for baseball umpires and NASCAR drivers, along with a heated version for cold climate football players.

"I can't tell you exactly how much heat the system eliminates, but I think every bit helps," said Gravenstein, a member of UF's McKnight Brain Institute. "This is a supplement to drinking adequate fluids and getting proper athletic conditioning."

Each year, about 400 Americans die from heat-related illnesses such as heat stroke, which occurs when the body's cooling system fails and body temperature rises to extreme levels that can damage the brain and other organs, according to the Centers for Disease Control and Prevention.

Although football players are typically fit and strong, they play in conditions where field temperatures can reach 120 degrees, especially during summer practices and early season games, Gravenstein said.

"It's very difficult to cool (football players) externally," he said. "Blowing on them with cold air or fans from the outside is made largely ineffective because of the insulation that is their uniform, because a uniform is foam, it's almost like being inside a Styrofoam cooler. It seemed reasonable (to ask) 'well, why not just blow cold air under the uniform?" The content to be also be a styrofoam to be uniform?" The content to be a styrofoam to be uniform?"

The system includes a portable air compressor and a cooler/dryer unit that can be adjusted to cool air to as low as 60 degrees. The air is filtered, then pumped to a manifold constructed from pipes equipped with small air hoses that can be connected to the pads, said Fred Williams, president of Williams Sports Group in Jacksonville, Fla., and a longtime custom pad builder who holds an exclusive license from UF to market the technology.

The specially designed shoulder pads have a port built into the back so that when players come off the field a trainer or teammate can plug in a hose to circulate cold air through ventilation channels running up and down the interior of the pads, Williams said.

"The air blows through there at something in the neighborhood of eight cubic feet per minute and exchanges the air under the pads several hundred times a minute, so there is a noticeable breeze evident to the player," Gravenstein said.

This spring, UF researchers plan to continue field tests with the JU football team to determine how much the system helps reduce core body temperature, using pill-sized sensors players swallow before practice, said MaryBeth Horodyski, Ed.D., a UF associate professor of orthopaedics and rehabilitation who is helping evaluate the system.

Additional core body temperature studies will have players work out in an environmental chamber, a large room where variables such as temperature and humidity can be precisely controlled, she said.

Gravenstein conceived of the system in early 2002, and developed it in his spare time, initially working with UF premedical student Dasia Esener. Williams later offered his advice, as did UF's Sem Lampotang, Ph.D., an associate professor of anesthesiology, and Michael Gilmore, M.D., a resident in orthopaedics and rehabilitation.

When used as a supplement to other preventive strategies, the system could provide an advantage, said heat-stress expert Douglas Casa, Ph.D., the director of athletic training education at the University of Connecticut in Storrs and a 1993 UF alumnus who studied with Horodyski. Casa will provide an environmental chamber for Horodyski's research but does not expect to be otherwise involved in the UF project, he said.

# Classifieds

TUESDAY, FEBRUARY 22, 2005

ALLIGATOR www.alligator.org/class

1 For Rent

ONE IN A MILLION!!!

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Super Clean Studio
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inc all utilities ph 336-9836
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4-20-71-2

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\*Incredible Deal 1/1 in 4/4\* with: internet & cable & elec & water walkin closets, full bath, wash/dry pool view, gym, FULL furnish Call for more info 352-258-3542 2-25-27-1

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4-20-60-1

1 For Rent furnished

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1/1 in 4/4 at The Exchange apts. Avail immed, Female roommatess, all inclusive, no dep, on rt 20 to campus. Great deal 494-3067 2-25-5-1

Close to campus 1BR/1BA in 2BR/2BA on 2 bus rts, W/D, gated, HBO, ethernet, pool, gym. \$534/mo incl utils. Call Courtney 407-461-8202 2-23-3-1

Female wanted to share 3/2 with fem UF senior, furn or unfurn, no set lease dates, very flexible, cable int, W/D, located on SW Archer, \$350/mo utils incl 371-2909 3-8-7-1

2 For Rent unfurnished

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Hurry while they last Only 8 left! W/D, pets OK 338-0002

4-20-71-2

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4-20-71-2

2 For Rent unfurnished

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Quiet! Convenience! Location!

- 1BR \$460 \* 2BR \$530
- Beautiful pools/courtyards!
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SPRING SPECIALS\*377-2777

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Luxury 2 & 3 BRs
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Gated entry, pets ok
Limited spots, 372-0400

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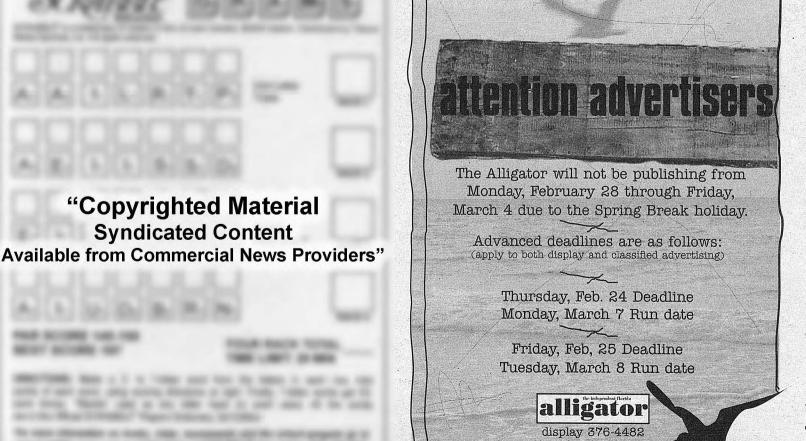
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Free Tanning, Aerobics, 24 hr gym
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Classifieds...
Continued on next page. Specialist



classifieds 373-3463

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#### For Rent unfurnished

Want more? Free even! 4BR 2.5 \$1020 - Only 1 left Spacious floor plan - alarm - tennis www.pinetreegardens.com Free UF parking - 376-4002 1-20-71-2

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> 1st MONTH FREE! **Pine Rush Apartments** 1&2 BR apt homes starting @ \$429/mo 375-1519

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BR & 2BR/1BA with W/D, central heat/air, lishwasher,ceramic tile, private patio, pets a ranged. Off SW 34th St. Near bus rt. From 499 377-1633 2-25-38-2

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#### **★2 BLOCKS TO UF★**

arge 3BR/1BA House Carpet, cent H/AC, Available March 1st \$700/mo 375-8256 4 20-70-2

P .ve Roommates?

€ 1ly You?

1 R/1BA House \$450

N tchell Realty 374-8579 x 1 4-20-70-2

د د Close to Campus At all now, 2BR/1 & 2 BA apts. \$4 JO. \$450, \$695 Mitchell Realty 1 '4-8579 x 1 4-20-70-2

1'2 PRICE APTS! Close to UF/Downtown. 7 JR & 3BR starting @ \$525/mo Call 373-123 or online at www.maximumre.com

#### For Rent 2 unfurnished

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SHORT LEASE NEGOTIABLE on some units SEE PET'S PARADISE AD 352-331-2099 3-10-40-2

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4-20-69-2

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LOOKING GLASS APTS Call 376-1111 or Come by 111 NW 16th St. #1

4-20-69-2

2BR/1.5BA 5-10 min bike ride to med or UF. All new carpet, W/D, DW, stove. No smk. pets, 239-898-9317 1038 B off SW 6 St on 10th Ln. \$600/mo 3-7-38-2

**DOWNTOWN LOCATION! 3BR/2BA** Wood floors, fireplace, living & dining rooms, Den, \$625/rent, 223 SW 4th Avenue Carl Turlington Real Estate, Inc. 372-9525 www.TurlingtonRealEstate.com 2-25-34-2

CHEAP RENT! 2BR/1.5BA W/d hookups, CH/AC, dishwasher, \$475/mo 5320 NW 20th Court

Carl Turlington Real Estate, Inc. 372-9525 www.TuringtonRealEstate.com 2-25-34-2

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\*\*1BR & 2BR BEAUTIFUL\*\* NEW kitchen, tile, carpet, paint 2BR- over 1100 sq ft \$650/ mo 1BR-over 800 sq ft ●● \$550/mo Close to UF, beautiful, quiet High-speed wireless internet \$300 off deposit @ 376-2507 4-20-63-2

\*\* 3BR/4BR - LIKE A HOUSE \*\* Huge townhouse, fireplace, W/D hook-ups, patio, New carpet & tile, fitness & basketball high speed wireless internet 3BR/2.5BA only \$850 4BR/3BA only \$1099 Close to UF in SW Beautiful/quiet • 376-2507

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-20-63-2

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Haile Plantation - Laurel Park 3BR/2BA Beautiful home. Quiet neighborhood. Great running trails. \$1200/mo Avail 3/1. Bruce 246-3690 2-25-26-2

#### For Rent unfurnished

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www.TurlingtonRealEstate.com 2-25-25-2 \*NOW PRE-LEASING\* 1BR \$699 - 2BR \$839 - 3BR \$999 \$150 dep. Full size W/D,

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DUCKPOND AREA Cute 3BR/1BA cent H/AC, fireplace, W/D hk-up, DW, tile & wood floors 731 NE 9th St \$850/mo 316-1637 2-

**BIKE TO SHANDS & VET SCHOOL!** 

Spacious studio, washer/dryer, Fenced yard, lawn svc, \$450/rent

 3BR 2BA, terrazzo floors, washer/dryer, fenced yard, lawn svc, \$1000/rent 4BR 3BA, terrazzo floors, washer/dryer, fenced yard, \$1400/rent 3811 SW 20th

Carl Turlington Real Estate, Inc. 372-9525 www.TurlingtonRealEstate.com 2-25-20-2

BIKE TO UF! 3BR 2BA, carport. Washer/dryer, porch, pets considered, Avail now! \$895/rent, 2222 SW 14th Street Carl Turlington Real Estate, Inc. 372-9525 www.TurlingtonRealEstate.com 2-25-20-2

CUTE NW HOUSE! 2BR 1BA, Ceramic tile, screen porch, w/d hookups, \$750/rent, 4234 NW 26th Drive Carl Turlington Real Estate, Inc. 372-9525 www.TurlingtonRealEstate.com 2-25-20-2

AVAIL AUG 1: 3bed/2bath house close to bus line. Tile floors, pets ok, wash/dry, fenced yard on quiet road. 4100 NW 14 PL 339-2342 for directions. \$975/m 2-23-18-2

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4-20-47-2

DOWNTOWN avail immediately or spring. Month to month ok. 2BR/1BA apt, newly remodeled, quiet neighborhood, pets OK, Close to Shands, UF & Library. \$650-715/ mo, Call 262-1351 2-22-10-2

#### For Rent unfurnished

FEBRUARY FREE! Move in today... \$150 Deposit One bedrooms \$449 Water included **Summer Place Apts** 373-2818

4-20-44-2

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SPRING & SUMMER SPECIALS

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1\*2\*3 BR - GINORMOUS Affordable, Spacious living Only 1 mile to UF, RTS 13 HUGE BRs, Ceramic tile Relax & Enjoy \*377-7401\* 4-20-44-2

\*\*\*\*ANTIQUE APARTMENT\*\*\* 2 Bed 1 Bath in old house. Downtown. Hardwood Floors, high ceilings, pets arranged, Avail now. \$475/mo 1st, last, dep. Call Greg 214-3291 2-25-11-2

DOWNTOWN 1BR 1BA, CH/AC, water included, \$415/rent 411 Sw 2nd Street #3 Carl Turlington Real Estate, Inc. 372-9525 www.TurlingtonRealEstate.com 2-25-10-2

SHORT TERM LEASE! 2BR 1.5BA Duplex, walk to UF, CH/AC, \$495/rent, 805 NW 3rd Avenue Carl Turlington Real Estate, Inc. 372-9525 www.TurlingtonRealEstate.com 2-25-10-2

1BR/1BA clean/spacious 750 sq ft apt. 5 min walk to UF/Shands. Pets negotiable. 2 units. Call 352-373-2324 2-22-7-2

Quiet & Clean! 2BR/1BA \$525, quiet neighborhood, 1000 sq ft, tile floors, spacious, living/dining rooms, W/D hkups, pvt pation in back yard, near UF. 1824 NW 10th St. 376-0080 2-25-8-2

2BR/1BA Duplex in Duckpond Area: Cent H/AC, W/D hook-ups, wood floors, 605 NE 6th Ave. \$550/mo, sec dep. Call 386-935-3196 2-22-5-2

Very clean condo 2BR/2.5BA, 5 min to UF, 10 min to Shands, cent AC, DW, W/D, cable, internet, pool, \$800/mo 352-472-9778, 305-299-3485, sbayer@bellsouth.net 2-23-5-2

HISTORIĆ DUCKPOND NEIGHBORHOOD Charming studio. Privacy over detached garage. 1.8 mi from UF. \$450+/mo. sec. dep. Small pets. Avail now. 371-7149 2-25-7-2

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# ROCKWOOD VILLAS

3BR/3 full baths. End unit. W/D. Pool & tennis. \$850/mo Call 407-578-2721 2-23-5-2

2/1.5 New tiles, carpet & paint. Furnishings optional. Ready to move in ASAP. Around \$600/mo. Call 954-249-0528 2-24-5-2

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# **Subleases**

Apartments Sublets & Roommates All areas. Stu, 1 & 2 Bdrm; \$400-1500 Short-Long & Furn-Unfurn 1-(877) FOR-RENT (367-7368) WWW.SUBLET.COM 4-20-71-3

SUMMER SUBLEASE \$350 for 1BR in a 2BR/2BA apt. Call 352-318-5438 2-22-30-3

WALK TO CLASS! \$250/mo Now til Aug. Courtyards 352-328-6967 all included! 2-27-3-3

OXFORD MANOR 1BR/1BA, walk-in-closet, private bath in 2BR/2BA furn, all util incl \$512/ mo neg. 1st month free. Female. Sublease until 7/05. 904-571-8337 3-10-20-3

1 or both rooms in 2BR downtown apt. Quiet neighborhood. Close to Shands, UF, & Library. \$350/mo. Pets ok. Call 262-1351 2-22-10-3

FEB RENT FREE 1BR avail in 3BR/2BA HOUSE close to campus, UF, Butler Plaza. \$350/mo. Includes everything: inet, cable, W/ D, huge yard. Call 352-682-9204 2-22-10-3

CAMPUS LODGE 2-3BRs. Vaulted ceiling. Fully furn. Everything incl. \$505/mo each. Call 352-514-7773 3-17-20-3

1BR/1BA Cambridge Apts. by 34th St. \$600/mo includes everything: utils, alarm, 5 HBOs, ethernet, pool, jacuzzi, 24-hr gym & computer lab. W/D. Nice & quiet. Avail May. Call 352-870-0994 2-22-5-3

\$300 TO MOVE IN!

1BR/1BA in 3/3 @ The Exchange! Furn, kitchen, big pool, comp rm, rec rm, close to campus, on bus rt. \$508/mo. Call 561-317-4634 3-8-10-3

FEBRUARY FREE! 1 bedroom. Loft located near Oaks Mall; Bus accessible; Washroom on site. Security Required. Call 371-2858 for more info 3-8-10-3

Sublease Now-July 31, 2005 Sunbay Apts 2BR/1BA \$400/mo - \$200 deposit included. Close to UF/On bus route 16. 352-256-7831 or 305-467-5255 3-8-10-3

1/2 OFF RENT NOW THRU JULY 31st on a 1BR/1BA in a 3BR/3BA at Hidden Lake Apts. Rents for \$420/monthly, will sacrifice for \$210/monthly & move in free too! Call Angie 352-331-4400 or 352-213-8572 or email me at angierobison79@yahoo.com 2-23-5-3

1BR in a 2/2.5. New townhouse \$385/mo. Avail March 1, will work around date if needed. Call Jessica 367-4053 2-25-7-3

Huge room in adorable 2BR apt. 5 blocks from campus. \$425/mo. Call 407-625-8990. Avail May - Aug. 2-24-5-3

#### LOOKING FOR A BARGAIN? Bid on a sublease @ www.subleaseauction.com 5-19-43-3

CUTE 2/1 APT FOR \$450/MO Located Beval Apts 2330 SW 35th Pl. W/D hkups, new carpet. Avail 2/27/05 - 7/31/05. Ask about bonus 256-0501 2-24-5-3

LIVE DOWNTOWN ARLINGTON SQUARE 1BR/1BA, Pool View, Pets OK! \$550 Per Month Available now thru July 31st Call 246-8227 2-24-5-3

MOVE IN NEXT WEEK! MARCH FREE Awesome 1BR/1BA single, 3 blocks from UF. Pets Welcome. Call 316-6741 2-24-5-3

"Copyrighted Material **Syndicated Content Available from Commercial News Providers'**  1BR/1BA Only \$325/mo. Near UF. Water incl Email yueli@uflib.ufl.edu. Call 271-9104. Mon-Fri 6-10pm. John. Move in March 1. 2-22-3-3

4BR/3BA, 2200 sq ft liv, dining & fam. Porch, fenced, garage, wood floors. Near UF. 1301 NW 31st Dr. \$1350/mo; \$900/mo Feb-April 371-1998, 339-2379 2-25-6-3

\$240/mo SUMMER SUBLEASE + 1/3 utilities 3BR/2BA Boardwalk Apt Call PK @ 954-682-5979 or call 904-705-1689 2-25-5-3

\$374 for 1BR/1BA in 4BR/4BA 1st month 1/2 off! Pvt BA, furnished, incls water, sewer, garbage, pest control, ethernet, cable, elec. Great deal. Lease from May-Aug 10, 05. Call \$05-469-3372 2-25-5-3

Beautiful 1BR apt in a picturesque part of town, 5 min to downtown. Avail May - mid-Aug.. Call for information 870-3988 2-25-5-3

-Subleaser needed \$399/mo 1BR/1BA on NW 20th Ave. March 1st thru July 31st. March is FREE. No dep needed. You keep \$99 sec dep. Call Kevin or Mandy 352-281-0252 3-11-10-3

EXCHANGE 2BR avail in 4BR/4BA. Fully furn. Everything incl. Avail May-Aug. Price neg. Call 561-271-7800 or 561-706-2073. Patio swing. 2-24-5-3

SUMMER sublease! 1BR in a 4BR Campus Club apt. \$400/mo incl maid svc, util, cable, furn, ethernet & more. NO FEES! May-Aug. Female only. Please call 352-262-5995 3-11-10-3

3 Subleases

★CHEAP & CLOSE TO UF★ \$265/mo. Cheap util + nice people. 1BR in 4BR/2BA townhouse. Spacious, laundry access, no pets. Call Megan 904-476-8784

CAMPUS LODGE APT. No move-in fee. Female roommate. Everything incl. \$514/mo price NEG. From April thru Aug. Call 727-542-8816 3-21-15-3

Female sublease at Courtyards. 1BR in spacious 4/2 townhouse. All furniture & utils inclued; \$399/mo sec dep & 1st mo rent free. 514-6408 or murraymd@ufl.edu. 3-11-9-3

Frederick Gardens 2BR/1BA March - July. Great location, blocks from UF & Shands. Will pay \$300 move-in dep & you keep initial dep. \$515/mo. Contact 352-246-4185 3-7-5-3

SANTA FE POINTE 1BR/1BA in 4BR/4BA. Fully furnished. Available now thru Aug 15th. \$400/mo. Call 954-536-8010 3-7-5-3

OXFORD MANOR SUBLEASE 1BR in 3BR townhouse, own BA, W/D, wireless net, digital cable, phone. Pay rent & util \$296 +. 561-309-8982 3-14-10-3

4 Roommates

Roommate Matching HERE Oxford Manor 377-2777 The Landings 336-3838 The Laurels 335-4455 Cobblestone 377-2801 Hidden Lake 374-3866 4-20-71-4

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Female roommate for one/two female UF students. Quiet. Resposible. 60 second walk to UF. Old house charm with all amenities. Avail Now. \$400 - up. 352-538-2181.Lv message. Private Owner 4-20-71-4

Female roommates wanted brand new 2100 sq ft home. Huge pool, pvt fence, minutes to UF. Internet, HBO cable, sec alarm & utils incl \$525/mo.Aval Fall. Call Jacqueline 352-395-7462 or 941-780-3526 4-20-71-4

Sublets and Rooms Available All Florida Areas; All Major Cities Browse available Rooms FREE! www.METROROOMMATES.com 1-(877)-For-Rent (367-7368) 4-20-71-4

M/F NS Grad student/professional wanted to rent furn room in gorgeous new house 1.5 mi to Shands. Kitchen, LR, laundry \$425+ utils 336-5450 or 954-646-1341 3-8-40-4

#### WALK TO SFCC

New 1700 sq ft 3BR/2BA home Rent \$350/ 400/mo by indiv BR. Avail 2/9. Call 283-6279 2-25-23-4

Female student to join 2 females in nice 3BR house off NW 8th Ave, 3 mi from UF on bus rt, tile/hardwood, fenced yard, \$275/mo + 1/3 GRU & HS internet - dig cable, 381-5597 3-

Walk to UF

1BR open for N/S in luxury house w/2 graduate students. \$400/mo + 1/3 util, incl W/D. Avail 2/9. Call 283-6279 2-25-13-4

2 share 2BR Downtown apt. Newly remodeled. Close to Shands, UF, & Library. \$350/mo. Month to month or longer lease ok. Pets ok.Call 262-1351 2-22-10-4

Roommate wanted to share 2BR/1BA in NW. Very clean, quiet. Avail now. \$375/mo. Please call 352-214-3233 lv. mssg. 2-23-10-4

M/F responsible student to share 3BR/2BA home in quiet NW area. \$300/mo + 1/3 utils. Call 352-303-6128 or 727-458-2737

Beautiful home in trees on quiet street near UF. Quiet for study. Gourmet kitchen, fire-place, hi-spd DSL internet, cable TV, W/D, cent A/C, Ig yard, cats welcome. \$350 + 50 utils. 352-271-8711 2-24-10-4

1BR/1BA in clean, spacious 2400 sq ft home. 10 min to UF & Shands. W/D, garage & storage. Utils, cable, inet incl. \$620/mo. Call 352-373-2324 2-22-7-4

ROOMMATE M/F share 2BR/2BA apartment. Uptown Village. Master bedroom, great amenities, perfect for grad/prof/student. \$350/mo. Call 514-1650 3-7-10-4

Roommate wanted in a 2BR/2BA apt w/22 yr old female \$320/mo \$150 sec dep + utils. Call 377-0295 or 352-870-7670. Available

IMMEDIATE ROOMMATE to rent 1BR in 3/2 house. New wood floors, new appliances, 4 mi from campus. \$350/mo + 1/3 utils. Ryan 850-261-3571 2-25-7-4

GIRLS ONLY 2 rooms each w/pvt baths. Cent AC, W/D, cable incl. Internet-ready. \$375/mo each. 1 MO FREE. Call 352-472-9778 2-23-5-4

Roommate needed. \$200/mo + \$200 refundable dep. + 1/2 util. Furnished 2BR/2BA. Must be able to pass a background check. 352-335-6274 3-9-10-4

Walk to UF 1939 NW 5th Ave. Private BA, W/D, CHA, Diig cable, wireless internet, flexible lease, 352-682-9342 2-28-5-4

Grad, uppperclassman, or prof to share 3BR/2BA house. Hickory Forest, 3 mi W of I-75 on Archer Rd. Must be neat, clean & responsible. \$450 or 425/mo + 1/2 utils. Short or long term avail. 377-7152 2-25-6-4

Social student looking for roommate in beautiful unfurn 2BR/2BA near Newberry & Tower Rd. \$350 + utils. W/D, cable incl. Call 352-514-1852 2-75-5-4

Roommate needed for short term Aug - Dec. Lease must renew by Mar 1st. 2BR/2BA townhouse downtown everything furn but your room. \$500/mo + 1/2 bills. Erin 321-303-2629 2-25-4-4 Roommates

Females for all rooms in beautiful, fully furnished 4BR/4BA Univ. Terr. Walk-in closets. Utils incl. Great location. 2 bus rts. 1 year lease discounted for summer \$425/\$300. Bring your friends & call. 954-592-0521 3-7-10-4

5 Real Estate

4

Sell your house, condo, acreage, mobile home and much more in the ALLIGATOR CLASSIFIEDS! Reach over 24,000 possible buyers! Mastercard and Visa accepted over the phone. Please Call 373-Find

Quad-, Tri-, or Duplex w/pvt parking, extra land, 60 sec walk to UF. Exc cond. House 3/4BR, 2BA, wd firs, covered prch, concrete patio, garage/work-shop. Pvt Owner. 352-538-2181 lv mssg 4-20-71-5

NEW COMPANY IN GAINESVILLE looking to buy or lease houses in this area. Any size, price or condition. Call Ed & Diane 352-373-2728 4-20-71-5

The Flavor of New Orleans comes to campus. Luxurious St. Charles Condominiums. 1 block to UF. Choose from 2BR/2BA flats, or view the University from your 3BR/3BA townhouse. Prices starting in the \$180's 375-8256 4-20-71-5

ARE YOU INTERESTED IN PURCHASING A HOUSE OR CONDO NEAR UF? Plenty of properties are available. Call Marc J. Nakleh at Campus Realty 352-235-1576 2-25-25-5

LIVE THE LUXURY OF LOFTS OASIS!

Manhattan/S. Florida loft style condos. Brand new, spacious floorplans, 2/2.5, 3/3.5, 1400 sq ft, 18 ft windows, exposed ductwork, polished floors. On bus rt. Close to campus/Archer Rd. Take advantage of pre-construction prices. Call Matt Price at Campus Realty Today, 281-3551 or visit www.loftsoasis.com 3-8-20-5

WANT ALL YOUR FRIENDS TO BE JEALOUS OF YOU NEXT YEAR? Own + live in a new luxury campusarea condo. Over 10 new projects to choose from at affordable prices. Visit www.mattpricerealtor.com or call today 352-281-3551 Matt Price Campus Realty Group 3-8-20-5

TIRED OF RENTING?

Let me help you find a house or condo to call your own. Call Brett Wherry at 352-412-8662 Century 21 Classic Properties 352-376-2433 x 20 3-11-21-5

Condo Countryside at UF. 4BR/4BA. Close to UF, W/D, tiles kitchen, pool & gym. 3rd floor. Quiet location. \$176,000 Call 352-332-3755 3-7-15-5

LEASE TO OWN

Upscale 3BR/3BA condo w/garage. All 1-floor living. Center of downtown Gainesville. Aprox 1900 sq.ft. \$299,000. For more info call 413-281-6272 3-17-15-5

6 Furnishings

BED-Queen, orthopedic, firm, extra thick, pillow-top, mattress & box. Name brand, new, still in plastic. Sacrifice \$150. Call 352-372-7490 will deliver. 4-20-71-6

BED - FULL SIZE ORTHOPEDIC Pillow-top mattress & box. New, unused, still in plastic w/warranty. Can deliver. Sacrifice \$140. Call 352-377-9846 4-20-71-6

SOFA & LOVESEAT

Brand new still packaged w/warranty. Must sell. Can deliver. Retail \$1400. Sacrifice \$399 352-372-7490 4-20-71-6

BED - King Pillowtop mattress & box springs. Orthopedic rated. Name brand, new, never been used, in plastic with warranty. Sell \$230. Call 352-372-8588 Can deliver. 4-20-71-6

CHERRY SLEIGH BED solid with Pillowtop Mattress & Box. All new still boxed. Cost \$1500, sacrifice \$550 352-271-5119 4-20-71-6

6 Furnishings

BEDROOM SET. 7pc Cherry, Queen/ king bed, dresser w/mirror, 2 nightstands, chests avail. Dovetail const. New, in boxes. Can de liver. Retail \$6500, must sell, sacrifice \$1400 (352) 372-7490 4-20-71-6

SOFA, LOVESEAT, & CHAIR 100% Italiar leather. Still new in boxes w/warranty. Cos \$5000. Sacrifice \$1,500. Call 352-372-8588 4-20-71-6

DINING ROOM Beautiful cherry set w/table 6 Chippendale chairs, hutch & buffet. New still in boxes. Retail \$5200, sacrifice \$1100 Must sell. Can deliver. 352-372-8588 4-20-71-6

FUTON Solid oak mission-style frame w mattress. Brand new, all unused in box. Se.. \$199 can deliver. 352-377-9846 4-20-71-6

Beds@Full mattress & boxspring sets \$49@Qn sets \$89@Single sets \$39@King sets \$99@From estate sale: Safe pine bunk bed \$109, 376-0939/378-0497. Call a Mattress 4370 SW 20th Ave 4-20-71-6

Lazyboy, beige \$80 ● armoire \$25 ● brown wood desk \$25 ● twin bed Pillowtop mat tress \$40 ● radio \$5 ● desk chair \$2 € Hewlett Packard 540 printer \$10 305-775-7011 2-23-5-6

Real wood DINING SET. Excellent condition Table, 6 chairs w/covers, buffet & hutch \$700 Negotiable.

ALSO: TRIPLE MIRROR. \$100 Negotiable 495-2984 2-23-5-6

Furniture - Scan design bookcase, desk Large desk w/hutch, cedar chest, end table, lamp, books & Float tank 5' x 8" cal 283-1083. Saturday 2222 NW 36 Ter 8-12 2-25-5-6

BEDROOM SET

Mahogany 4-post bed, matching dresse w/mirror, desk. Great condition. New mat tress & box. Must sell \$400. Call 284-3970 2-23-3-6

7 Computers



8-23-170-7

Computer HELP fast! A+ Computer Geek House/dorm 59 min response. No waiting/unplugging/hassels. \$10 Gator Discount. M/F Cert MCSE technicians. 333-8404. www.AComputerGeek.com 8-23-170-7

★G'ville Computer Repair Inc★ Service on all PC MAC and Networks 1204 NW 13th St Ste #10 352-337-2500. 4-20-

COMPUTER SOLUTIONS, INC. Complete residential & commercial support networking & website development. \$45/h www.gainesvillecsi.com 371-2230 4-20-71-7

LAPTOP REPAIR

Buy & sell. Looking for quantity for parts www.pcrecycle.biz 336-0075 4-20-71-7

"COMPUTER & LAPTOP REPAIRS" Network specialists We buy computers and laptops Working and Non-working 378-4009, 607 NW 13th Street 4-20-71-7



4-20-66-7

GATORNERD.COM

computer/laptop repairnetworks, wireless, virus

- we BEAT all prices!

- home/dorm 352-219-2980 4-20-66-7

Classifieds...
Continued on next page.

DISCOUNT HI-FI 722 S. Main I The Red Bldg WE ARE CHEAPER

4-20-71-8

\$10! TV's, COMPUTERS, VIDEO GAMES! Police Seized! From \$10! Info 800-749-8128 ext M974. 3-7-20-8

#### 9 **Bicycles**

In the market for a new set of wheels or just looking to add a second to that collection? Want personalized handlebars or a fitted seat? Check in the Alligator Classifieds.

NEW & USED BIKES FOR SALE Many to choose from Best Prices in Townl **SPIN CYCLE 373-3355** 424 W University Ave 4-20-69-9

15 SPD JAMIS BICYCLE FOR SALE Excellent cond! Rear rack, speedometer, headlight all incl. \$140 OBO. Will trade for beach cruiser in great condition. Call 941-730-8766 lv mssg. 2-23-5-9

10

For Sale

#### PARKING

Private, Secure, Guaranteed, 60 sec to UF. Reserve now! Reasonable rates. 352-538-2181. Can leave mssg. 4-20-71-10

PARTY SUPPLIES: Complete line of bar supplies, glassware, beer taps, draft beer equipment. Professional cooking utensils. R.W.Beaty Co. 4322 NW 13th St, Gville RWBEATY.COM 376-5939. 4-20-71-10

STRESS? OVERLOAD? NEED TO RELAX? OR LOOKING FOR LOVE? Try Aphrodisia Beverage. 0 caleries, 0 sugar w/relaxing aphrodiciac herbs. Students using it nationwide. Buy/sell it. www.aphrodisiabeverage.com or dary333@yahoo.com 2-25-20-10

Come see what's new! GCM thrift shops downtown 238 SW 4th Ave, NW 5001 NW 34th St. Get more bang for your \$! New items daily Mon - Sat 378-3654 4-20-43-10

## Motorcycles, Mopeds

\*\* SCOOTERS \*\* RPM MOTORCYCLES INC SALES, SERVICE, PARTS Many Brands Available 518 SE 2nd St. www.RPMmotorcycles.com 377-6974 4-20-71-11

Swamp Cycles Electric Bikes, Scooters, and more! Prices from \$450 with 1yr warranty 534 SW 4th Ave. 373-8823 www.swampcycles.com 4-20-70-11

**★NEW SCOOTERS 4 LESS★** New location now open 1901 NW 67th Place 352-336-1271 www.newscooters4less.com Best prices in Gainesville. Owned by Gator grads. All models & directions avail on website. 4-20-50-11

1999 Kawasaki Ninja ZX-6 Must sell.. \$3300 OBO Tony 941-320-9522

1989 YAMAHA FZR 600 '95 motor, Yosh pipe, carbs rebuilt, flat black paint, 1 down, up gearing, Shopi helmet textile jacket incl. \$2K NEG. Call Bryan 904-662-9896

# 2003 BUELL BLAST

500cc, 7960 mi, Fun ride. \$2795. Call 352-256-8527 2-25-8-11

12

**Autos** 

- FAST CASH PAID FOR ANY CAR
- ●Running or not!●
- ONEED HONDA, TOYOTA, PICKUPS
- Over 10 yr svc to UF students
- ●Call Don @ 215-7987 4-20-71-12

12 **Autos** 

CARS -CARS Buy@Sell@Trade Clean BMW, Volvo, Mercedes Toyota, Honda, Nissan cars 3432 N Main St. www.carrsmith.com CARRSMITH AUTO SALES 373-1150 4-20-71-12

\*\*FAST CASH PAID\*\* For: CARS, TRUCKS, MOTORCYCLES Running or Not 1990 & up only Call Ray 352-284-8619

OVER 50 IMPORTS UNDER \$10,000 SELECT MOTOR CAR THE YELLOW BUILDING 2715 N MAIN 377-1616 www.selectmotorcar.us

# **Best Cars • Lowest Prices** www.39thaveimports.com

GATOR	RIDES	318-0813
93 Civi	c EX 2dr AT	\$3,595
94 Acc	ord LX 4dr	\$3995
94 Civi	c Del Sol 78k miles	\$4295
96 Acc	ord 4dr AT	\$4695
4-20-7	1-12	

# **★HEADLINERS SAGGING?★**

★★Power windows don't work?★★ On site available Call Steve 338-5142.

4-20-71-12

# \$500! Police Impounds!

Hondas, Chevys, Toyotas, etc For listings 800-749-8116 ext 4622 3-7-

### SUN CITY AUTO SALES

Bring your W2 & drive home today. Cash cars as low as \$1000. No credit check. Call now 338-1999 4-20-63-12

### SUN CITY AUTO SALES

We finance anyone! \$2000 discount off finance price. More than 150 vehicles in stock. Call 338-1999 Drive today! 4-20-63-12

#### SUN CITY AUTO SALES

All vehicles \$0 down & up! Plus +++ 30 day warranty eng & trans. No credit check. Call 338-1999 4-20-63-12

'88 Honda Accord \$699 '86 Buick LeSabre \$799 '88 Toyota Corolla \$899 90 Acura Legend \$999 (352) 338-1999 4-20-45-12

'90 Chevy Lumina Van \$1499 '93 Chevy Blazer \$1499 '90 Ford F-150 \$2499 '93 Chrystler New Yorker \$1999 (352) 338-1999 4-20-45-12

89 NISSAN 240 SX. Excellent motor. Sun roof. \$2000 OBO. Call Heather for more info 264-1618 2-23-5-12

2000 Pontiac Grand Prix GTP Daytona. 2DR, V-6 Supercharger, AT, leather, sunroof, Bose, exc condition, \$10,900 OBO 352-264-0325 3-7-7-12

#### 1998 HONDA CIVIC LX

4dr, auto, AC, 140k, excellent condition, owner. \$4800/OBO. Call 352-219-8962 2-23-4-12

#### 96 HONDA CIVIC

2 door, 5 speed, V-tech, 93K miles, cold AC, all power. \$4500. Call 377-7152 2-24-5-12

1999 NISSAN SENTRA GXE sedan. Automatic, A/C, silver with charcoal cloth, power everything, 116k, very clean, \$4750 OBO 352-514-1800 frankiev@bellsouth.net

# 1996 GEO TRACKER

White 4D manual AC 88k \$1900 OBO Call 352-256-8080 2-24-4-12

2003 TOYOTA TACOMA EXTENDED CAB 50k miles, tan, AC, AM/FM/CD/cassette, auto, 4 cyl, 2WD, tow pkg, bed liner. Asking \$14,000. Call 352-485-1720 or 352-317-6808. 3-7-5-12

#### 13 Wanted

ARTIST LOCAL NEEDS GOLD DIAMONDS, GEMS, CLASS RINGS, ETC TOP CASH \$ OR TRADE. OZZIE'S FINE JEWELRY. 373-9243 4-20-71-13

On-going VOLUNTEER needed: Blind lady needs trans on Sundays only to Mass @ Queen of Peace Catholic Church or St. Augustine Catholic Church. For more info call 219-6948. I live in the Tower Rd area. 3-15-80-13

#### ★★ I WILL BUY YOUR...★★

Car, Truck, House or Furniture "FOR FAST CASH" Call Now! 352-538-1690

3-8-20-13

#### \*FOSTER PARENTS WANTED\*

Make a difference in children's lives. Become a foster parent. Call Florida Mentor for details. 352-332-8600 2-25-5-13

# **Help Wanted**

This newspaper assumes no responsibility for injury or loss arising from contacts made through advertising. We suggest that any reader who responds to advertising use caution and investigate the sincerity of the advertiser before giving out personal information or arranging meetings

LIKE TO WORK WITH LUXURY CARS? Bright? Enthusiastic? Like people? Must be over 22, stable work history, clean driving record, drug-free, pers ref. www.carrsmith.com for details, 4-20-71-14

Animal Care Tech looking for hard working person to work w/ reptiles & rodents. Will train, PT to start with more hrs possible. Start at \$5.50/hr. Flex hrs. Please call 495-9024 between 9-4 M-F. 4-20-71-4

CNA CLASS: Learn @ your own time and pace. Everything you need to be a CNA and pass the state exam is on VCR tape. 95% pass the state exam the 1st time! \$200. Call 800-566-4913 Hrs: 12N to 5PM 4-20-71-14

Phone survey interviewers wanted. Start work today! No sales, opinion research only! Flexible Schedule! Perceptive Market Research 336-6760 ex 4081 Call now! 4-20-71-14

Students in Accounting, Aviation, Business/ Sales and IT needed for various positions. Flexible schedules and competitive pay. Join our team! Learn more at www.gleim.com/ employment 4-20-68-14

University of Florida Survey Research Center 392-2908 ext. 105 \$7/hr + BONUS + Paid Training Nights + Weekends Telephone Interviewing NO SALES Must work spring break. 408 W. University Ave Suite #106 4-20-71-14

\$\$ STUDENTS GET CASH \$\$ For gently used brand name Clothing/accessories & furniture \$Cash on the Spot\$ SANDY'S No appt necessary! 2906 NW 13th St 372-1226 4-20-71-14

HIRING KITCHEN STAFF & DRIVERS FT or PT, flexible schedules. Call 2-5pm 378-2442 or come in and fill out an application @ California Chicken Grill 2124 SW 34th St Mon-Fri 4-20-71-14

#### BARTENDING \$250 A DAY POTENTIAL

No experience necessary, training provided. 800-965-6520 ext 138 4-20-71-14

#### SECRET SHOPPERS Needed for evaluations of

Local Stores, Restaurants and Theaters Flexible Hours, E-mail required Call 1-800-585-9024 ext 6254 4-20-71-14

AUDITORS for local growing inventory service. FT/PT, DFWP. Paid training. Call 352-367-4608. www.aicscompanies.com 4-20-83-14

#### 14 **Help Wanted**

Mortgage lender has sales positions avail for college sudents seeking prof work exp. \$8-9/hr + bonus. No exp req'd, flex hrs. Apply in person btwn 4-8pm Mon-Fri 1900 SW 34 St Ste 206 (2nd flr above credit union)4-20-

GREAT PAY FOR PEOPLE WHO STAY! Park Place Car Wash is looking for hard workers for all positions. Cashiers (must have full day avail) & lineworkers. (AM 8:30-1 & PM 12-6 shifts avail) 15-40 hrs your choice. Great work environment. Apply in person 7404 NW 4th Blvd. Across from Home Depot. No phone calls please. 2-28-38-14

# DOMINO'S PIZZA

World's largest pizza delivery company now hiring

- Delivery Drivers
- Pizza makers
- Phone order takers

# \$9 - \$14/hr

All you need is a reliable car & a very positive attitude. Apply @ any of the 5 Domino's locations in Gainesville. 4-20-70-14

#### Attention Smokers!

Earn about \$6/hr. Smokers are needed to participate in a study on decision making & smoking. If interested come to the psychology bldg room 397 or call 392-0601 ext 297 4-20-63-14

# DRIVERS NEEDED

gatorfood.com. Can earn anywhere between \$8-\$20/hr. Set your own schedule Call Dave for info: 379-9600 3-11-35-14

#### 14 **Help Wanted**

**OFFICE** ADMINISTRATOR Gatorfood.com is looking for responsible, enthusiastic people. City geography knowledge. customer svc. exp helpful. Room for advancement For more info: David 379-3663

#### CASH

Tired of sitting around w/out it? Sit here & make it! UF FLORIDA REPDIALS seeks UF students to reaise funds. Earn up to \$8.00/hr with a FLEXIBLE schedule. Apply at 105 NW 16th St. 4th Floor. Academic Classroom Building 105, or call 392-7754 for more info. 4-20-63-14

MARY POPPINS: Where are you? FT NANNY NEEDED 30-45 hrs/wk 4 iobs avail TODAY: Great \$\$\$ for exp. Noah's Ark Nanny: 352-376-5008 2-25-37-

PT/FT NANNIES NEEDED Good \$ for exp: grad stud. welcomed bkgd ck: 12 REAL \$\$ jobs avail NOW Noah's Ark Nanny 352-376-5008 2-25-27-14

NANNIES - MORNING SHIFT Several positions availabel for Part Time, good \$\$\$\$\$ MNOW Noah's Ark Nanny 352-376-5008 2-25-27-14

\$1380 weekly stuffing envelopes FT/PT No experience necessary. For more info call 386-462-9301 3-10-30-14

Finance company needing office assistant & collections associate. Young, progressive company w/advancement & bonuses. 25 hrs/wk. Start immediately. Fax resume to 352-378-4156 5-19-63-14

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**Help Wanted** 

# SUMMER JOBS

- **\$2100**
- Co-Ed Camp
- Seven Weeks
- Room and Board Included

**GET PAID TO PLAY!** 

The Florida Elks Youth Camp (FEYC) needs male and female Summer Camp Counselors ages 18 and up. FEYC is an overnight camp located off of Highway 450 in Umatilla, FL The camp runs June 6 - July 23. Please contact Krys Ragland at 1-800-523-1673 ext. 250 or 352-669-9443 ext 250. 4-20-58-14

SECRETARY needed. Gatorfood.com is looking for personable, responsible, enthusiastic, fun people. Customer service exp helpful. For more info call David 379-3663 3-11-29-14

#### PART TIME WORK

30 Openings! Great pay, flex scheds, sales/svc All ages 18+, conditions apply 335-1422 Earnparttime.com 2-25-36-14

GET PAID for YOUR OPINIONS! Earn \$15-\$125 and more per survey! www.moneyforsurveys.com 3-11-30-14

LEARN how you can EARN \$100K + per year P/T. Training Provided. 800-631-8230 3-21-30-14

FREELANCE ONLINE TUTORS Instruct 3rd thru 12th grade students from any location; internet connection required; send resume to jobs@brainfuse.com 2-24-

#### **GREAT PAY!**

Fun work environment! Work around classes. All majors welcome. Customer sales/svc. Conditions Apply. CALL 335-1422. www.workforstudents.com 2-25-14-14

#### HOUSE DIRECTOR

15-14

Motivated, organized woman needed to fill position of House Director for active UF sorority. Please call 561-213-1818 to inquire. 3.7.14.14

Intern Architect and Project Architect for Jacksonville firm. Must be proficient in AutoCadd. Full benefits; competitive salary. Call Jan Smith or Tom McCrary at (904)724-2216; email sma@smithmccrary.com 2-22-10-14

O2B Kids searching for energetic and enthusiastic preschool, tap & dance team teachers with experience for all O2B locations. FT/PT positions avail, apply at any O2B location. 3-9-15-14

# 14 Help Wanted

\$\$CASH\$\$ For Spring Break

Turn your closet into cash. Plato's Closet buys and sells gently used brand name clothing & accessories. We pay CASH on the spot! Plato's Closet 3333 SW 34th St. 374-4402 2-25-12-14

Department of Housing and Residence Education Security Staff is currently hiring for Spring/Summer 2005. Nighttime Security Assistant positions from 10 pm - 6 am with starting pay \$6.00 per hour. You must be registered for classes with at least 12 credit hours and have a minimum GPA of 2.0. For information and/or

application, come by the Housing Office

Monday-Friday between the hours of

8:00 am - 5:00 pm

2-25-12-14

FEDERAL AQUISITION REGULATIONS
Looking for person with experience to help
get us on the GSA schedules and promote
our products to government agencies. Send
resume to hr@gleim.com www.gleim.com
3-10-16-14

Local. A/G church needs WORSHIP LEADER/KEYBOARDIST. Penticostal background/contemporary songs. Paid position. Call Pastor Terry 352-472-5433/352-373-8815 2-24-10-14

FT toddler teacher wanted 8:30-5:30 M-F. 2-yr old teachers wanted 12:30-6:30 M-F, 2: 30-6:30 M-F, 7:30-4:30 M-F. Previous childcare experience desired. 1049 Museum Rd Kindercare. 2-24-10-14

#### DRUG\$ = PROFIT

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Classifieds...
Continued on next page.

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# Sports

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# LSU loss derails title hopes

**THE GATORS WOULD NEED** FOUR KENTUCKY LOSSES.

By BRYAN APP

Alligator Staff Writer bapp@alligator.org

Just last Wednesday, the Gators' preseason goal of winning their Southeastern Conference championship since 2001 remained

With South Carolina's upset of No. 5 Kentucky, UF found itself trailing SEC West-leading Alabama by one game and the front-running Wildcats by two - with UK's trips to Tuscaloosa, Ala., and Gainesville looming.

But barring a season-ending 0-4 meltdown from Kentucky, the Gators' league title dreams flatlined with a 77-73 loss in to Louisiana State on Saturday.

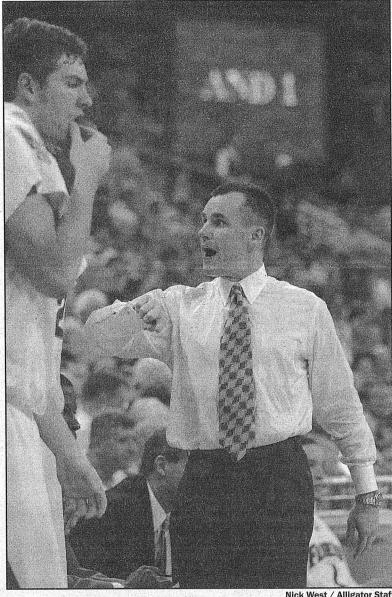
Now, the Gators still heed to the stale, coach-speak ideology of "one game at a time," but for a slightly different reason: a favorable NCAA Tournament seed.

With a Wednesday night rematch against Vanderbilt, the Gators (16-7, 8-4 SEC) will begin a four-game season-closing slate.

And while he effectively might be out of contention for his first and only SEC title, senior forward David Lee said a strong finish is still

"We need to finish strong momentum-wise because of the NCAA Tournament," Lee said. "I think we're in as of today, but a lot can happen in four games. We need to not only win to get in, but win to improve our position."

SEE MEN'S, PAGE 24



Nick West / Alligator Staff

UF coach Billy Donovan and the Gators will have to rely on a favorable RPI ranking for their NCAA Tournament seeding.

# BASEBALL

# **UF fixes errors**

Alligator Writer

The No. 12-ranked UF baseball team began practice Monday by working to correct mistakes made over the weekend. Coach Pat McMahon told his players that the same situations could arise tonight versus Florida A&M or down the road in the College World Series.

In Friday's loss to Miami, the Gators botched a play to pick off a runner caught wandering from first base.

The other play McMahon remedied was not a mistake by the Gators.

He re-enacted the play-that cost Miami the game on Saturday when Hurricanes left fielder Jon Jay dropped a routine fly ball with the bases loaded and two outs in the bottom of the 11th inning.

had his McMahon players replay how the Hurricanes responded, with the pitcher slamming his mitt to the ground, the catcher hurling his mask into the dugout and the second baseman throwing his glove in the air. He had sophomore Gavin Dickey and junior Stephen Barton drop fly balls in left field.

The players laughed as they practiced making mistakes.

McMahon showed what should have happened. If the Miami players had kept their composure, the left fielder could have picked



up ball and thrown to second base for an inningending force-out.

Also, McMahon was opposed to the way the Miami team

The Hurricanes left Jay all by himself as the Gators celebrated the 2-1 victory.

reacted after Jay's error.

UF won Sunday's game

The Gators (5-2) will send freshman right-hander Tommy Wynn to the mound to start tonight's game against the winless Rattlers.

Wynn pitched two perfect innings in last week's

SEE BASE, PAGE 24

# Columnist laments loss of 'most unique voice' in sports journalism

Try to name the greatest sportswriters in American history, and I bet you'll forget about one of the best.

The legendary Doctor ended his extremely eventful life at 67 on Sunday. The most unique voice in journalism is gone.

You can have Rick Reilly. I'll take Hunter S. Thompson.

Whether or not it was his intention, Hunter Thompson went from unknown sportswriter to king of the Gonzo Empire.

Living in an era when we're being told to rekindle old-fashioned values and come together as one America, Hunter Thompson was always in the background, reminding us of our imperfection as a society.

Life is complex, and nobody was better at reminding us that sometimes, no matter what the consequences might be, we must kick back and have a little fun because the world isn't always so fun.

And while all kings must give up their throne, there was always a sense that Hunter Thompson was invincible, and that he would always be in his fortified compound in Colorado, kicking back a bottle of Wild Turkey and serving as underground America's societal watchdog.

And while the Good Doctor has moved on from this world, his message of living



Andrew Abramson Drew's Control aabramson@alligator.org

life to its fullest will never be forgotten.

For those of us who have never been satisfied with the norm, for those of us who have held our own late-night brigades through Las Vegas, for those of us who have ever questioned the

hierarchy of society, Hunter Thompson will always live on through his writing.

Some people forget that Thompson was a writer, because his mythical status eventually overshadowed his large volume of work. But to the very final days of his life Thompson wrote about everything from life to politics, and, of course, sports.

Amazingly, Hunter published a column for ESPN.com just one week ago.

He wrote about a late-night call to actor Bill Murray, where they spoke about a new game of golf involving shotguns.

It's fitting that Thompson spent the last five years of his life going back to his roots and focusing on sports.

Thompson wrote about sports topics as varied as the disturbing death of Dale

SEE CONTROL, PAGE 24

# ON TELEVISION

NCAA Men's Basketball : Texas vs. Texas Tech ESPN2, 8 p.m. MCAA Men's Basketball : Alabama vs. LSU

ESPN, 9 p.m.

### I DID NOT KNOW THAT

**■ UF** sophomore first baseman Matt LaPorta was named SEC Player of the Week for the first time in his career. LaPorta batted .583 and belted three home runs against Miami.

### **TODAY IN UF SPORTS HISTORY**

■ 1912: The UF baseball team plays its first game ever, tying the Jacksonville Olympics 6-6. The Gators finished the season with a 9-4-2 record.

### **ONLINE**

For the latest on the UF men's and women's golf teams, log on to alligatorSports.org. Also see the Web site for the story about the UF women's tennis team defeat of South Florida 5-2 on Monday.

# Linebacker admits to throwing beer keg after county court proceedings

# CHARLES, from page 1

"Look at the difference in treatment between Channing Crowder and Taurean Charles," Rush said. "It's striking – it's not right. I still just think [Athletics Director Jeremy] Foley just made a decision early on and it's not right. It's not based upon the facts and it's not consistent to what's happened with other people."

Rush said he will file an appeal should the school suspend Charles.

UF would be "double-punishing" Charles if he is suspended again, Rush said.

"It was really just amazing – the lack of due process that we got with the university," Rush said.

Rush said UF is unfairly going after Charles. He pointed out that Charles was punched in the face at the party, as were other students, yet no one else was prosecuted or received any punishment from the school.

"Every now and then you get to do the stuff, until you cross the "I've spent day in and day out with Mr. Rush trying to get this resolved for about six months now, and I just can't take it anymore."

Taurean Charles suspended UF linebacker

line, and then somebody stands up and fights back," Rush said. "Well, somebody is fighting back this time."

Rush said this has dramatically affected Charles and he has voluntarily stopped drinking alcohol because of the incident.

"I've learned a big lesson from all of this, because you don't know and understand how much you, appreciate things until they're taken away from you," Charles told the judge. "My athletic ability and my academic standing were taken away from me this past year."

Charles said he spent many days trying to resolve the case with Rush, who said that Charles didn't smile

once while discussing the case.

"I've spent day in and day out with Mr. Rush trying to get this resolved for about six months now, and I just can't take it anymore," Charles said, fighting back tears.

Charles told the court that he was not angry that night.

"This has taken a toll on my life, because my career is basically over because the media and everybody has tarnished my name all over," Charles said. "I've been in headlines everywhere as this monster who threw a keg."

# Donovan: SEC not respected

MEN'S, from page 23

While the Gators likely fall safely within the 65-team Tournament slate, their postseason seeding still is in question. One telling sign could be a team's RPI or power ranking.

Those answers vary, however.

USA Today stat guru Jeff Sagarin pegged UF with a No. 26 power ranking, while the RPI calculations of ESPN's Joe Lunardi have the Gators at No. 44.

Not accounting for the seedings of conference champions who receive automatic bids, that's approximately the difference between a No. 6 and No. 11 seed. Either would be UF's lowest seeding during its six-year Tournament appearance streak.

And a large factor in the Gators' post-

season prospects comes from the SEC's relatively weak RPI this season.

Typically in the top three, the SEC is No. 5 this year, according to Sagarin.

And the league has a 4-33 record against Lunardi's top-25 RPI teams.

But according to Donovan, the conference is getting a bad national rap.

"I feel right now our league isn't being given enough respect," Donovan said. "The [worst] thing you [can] do is start worrying about who you are playing, what the standings are and who's playing who. You waste energy that way."

Donovan said the league's woes against the nation's best can be attributed to the fact that many SEC teams relied on multiple freshman starters, who have matured since season-opening nonconference schedules.

# Winless Rattlers return to Gainesville

BASE, from page 23

17-2 rout of their in-state opponent, striking out four of the six FAMU batters he faced.

UF pitching coach Ross Jones intends to use at least four pitchers in the game.

The Gators committed four errors in the FAMU game last week, something sophomore second baseman Adam Davis said the team has worked to correct since then.

"I don't know if that was beginning-of-the-season jitters, but we're one of the best in the country defensively, I think, all-around," Davis said. "That will show itself the rest of the season, I'm sure."

# CONTROL, from page 23

Earnhardt, orgies at the Olympics and the overrated Georgia Tech basketball team (good call, Doc).

And with a leeway never before seen in sports writing, Hunter always managed to throw in his thoughts about Iraq, President Bush and, in his opinion, the overall decaying of America.

Hunter Thompson, who has been glorified on the big screen twice – first in

an excellent portrayal by Bill Murray in the hilarious "Where the Buffalo Roam" and then by Johnny Depp in the not-sosuperb adaptation of his classic novel "Fear and Loathing in Las Vegas" – will likely grow in mythical status now that he has passed.

And maybe a new legion of fans will learn to think twice about the world around them, whether it to be the world of sports, politics or life itself. And maybe they'll remember that it doesn't hurt to have a little fun while you're surviving.

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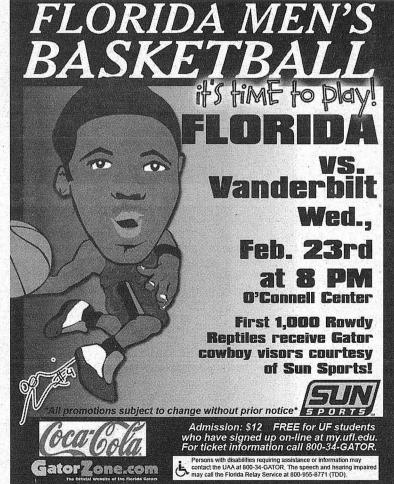
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