SPC announces 2016 UPROAR lineup

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Tuesday, Feb. 16, at 4 p.m. via social media, FIU’s Student Programming Council announced the performers for the University’s annual UPROAR concert. This year’s performance is by British pop singer Jessie J and American musical duo MKTO.

“When coming up with a variety of artists and going back and forth with our agent, we were able to confirm both acts,” said Elizabeth Vazquez, president of SPC. “Jessie J was included in our list of artists of interests when working with our agent and though she has a performance in Germany the following day, she agreed to perform for UPROAR.”

Vazquez explained that SPC was interested in Jessie J because UPROAR has never featured a female headliner.

“We thought that getting Jessie J as a performer would be a nice change to bring to UPROAR,” said Vazquez. “She is a mainstream artist who has recently been extremely successful as a lot of light and attention has been brought to her hit songs ‘Bang, Bang,’ ‘Bummi Up,’ ‘Price Tag,’ and ‘Headlight.’”

According Vazquez, over 2,500 students attended last year’s UPROAR event. This year, SPC is hoping to raise that number to at least 4,000 attendees.

SPC members pose with UPROAR marketing materials.

Vazquez said, “This year for the first time we are marketing to the community and selling community tickets for $30.” SPC typically starts planning for UPROAR during mid-fall semester. Plans for this year’s UPROAR started this in September 2015.

“When it comes to deciding on the performers for UPROAR, SPC usually sends out surveys to students in order to find out who the student body would like to see,” says Vazquez.

She explains, “We attempt to bring mainstream artists who fit within our budget and then work the rest of the concert around that artist.”

Vazquez says she is most excited about the actual concert experience.

YURIELLE MENARD
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Chinese Club hosts second annual Chinese New Year Gala

The Chinese Club and Asian Studies Department brought in the Chinese New Year with their Second Annual Chinese New Year Gala. The event occurred in GL 100 from 7 p.m. until 9 p.m. Friday, February 12.

Professor Li Ma, advisor for the Chinese Club, said the event had more support and preparation behind than last year. Many schools partnered up with the club.

“We were more prepared and had more support from the Department of Modern Languages. Also, we had more support from the community. In the program there are performances from many children in schools that offer a Mandarin program. We are trying to create a more collaborative atmosphere in the community,” explained Ma.

The Chinese New Year Gala featured performances from many elementary schools, community centers and even professional Chinese dancers. In order to promote cultural awareness, the program was conducted bilingually, in Mandarin and English.

During the event, guests were offered money to learn a few common phrases in Mandarin said during the New Year like “have a prosperous New Year.” Some guests were even given flowers by children performing in the programs while the crowd sung Chinese folk tunes taught by a local Chinese choir director.

This year’s UPROAR will take place April 13, in the FIU Soccer Stadium. The concert is scheduled to begin at 6:30 p.m.

SPC members pose with UPROAR marketing materials.

Our team has been working really hard to make UPROAR unique this year and bring a different experience to our students, I cannot wait to see the final event and see what all of our hard work and dedication can do. I hope that UPROAR will embody all that we expect it to.

This year’s UPROAR will take place April 13, in the FIU Soccer Stadium. The concert is scheduled to begin at 6:30 p.m.

RHA introduces Publix shuttle for housing students

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Sunday, Feb. 21 at 3 p.m. a new shuttle will be running for the first time to take students from housing buildings to the Publix plaza.

The stops will be University Apartments Building A, Lakeview Hall, Parkview Hall, Everglades Hall, Panther Hall, University Towers and Publix Supermarket at 107th Avenue once a week for three hours.

The vice president of student government, Juan Gilces, a senior international relations major said, “The approximated cost of this shuttle was $2,400 for the remaining of the semester.”

All FIU students will have access to the shuttle and will be able to use it as long as they have the FIU One Card with them.

“We proposed a pilot program for the remaining of the semester, we want to see how many students use it by the beginning of May,” Gilce said.

According to Gilce, “When we get the report of how many students use the service, we will decide whether we should expand it to twice a week or three times a week.”

The shuttle is sponsored by FIU Business services and will run every ten minutes from 3 to 6 p.m. on Sundays.

“I am very satisfied with the project so far and I consider this to be our baby steps,” he said.

“In the future, I look forward to the project becoming bigger when the stops expands to new location around the city like the Dolphin Mall, Downtown Miami and so on.”

Gilce said that since the project use the student’s activities and fees, he plans that this service will be and will stay free of charge for all students.

On Sundays, from 3 to 6 p.m., I encourage students to mark their calendar and make it a
Texas A&M officials apologize for racial slurs aimed at high schoolers

Top Texas A&M officials on Tuesday carried thousands of letters of apologies to Dallas high schoolers who were the target of racial slurs during a college visit. University President Michael K. Young, system Chancellor John Sharp and student body President Joseph Benigno visited Uplift Hampton Preparatory Academy Wednesday to show the charter school students how sorry they were and how last week’s racially charged incident does not reflect the school’s values.

Thirsty continents are sea level rise, scientists say

Despite the accelerated melting of glaciers and ice sheets, sea levels aren’t rising quite as quickly as scientists anticipated. The reason: Continents are absorbing more of the water before it flows into the seas, according to a new study. Scientists at NASA’s Jet Propulsion Laboratory figured this out by measuring changes in Earth’s gravity with twin satellites orbiting the Earth in tandem. Over the past decade, thirsty continents have slowed the rate of sea level rise by about 20 percent, or about 1 millimeter per year, according to the study published in Science.

Amid uproar over Mizzou professor, faculty leader raises questions of due process

A faculty leader at the University of Missouri-Columbia on Monday said recent events raise concerns over the university’s ability to fairly deliberate the future of embattled professor Melissa Click. That concern from Faculty Council Chairman Ben Trachtenberg came a day after the university’s interim chancellor blistered Click’s behavior in a recently released video. In it she was seen cursing at a police officer during a confrontation between police and students at the university’s October homecoming parade.

New shuttle offers students transportation to Publix

Habit to do their grocery shopping using the shuttle, plus the plaza across campus have a lot more stores than just Publix. Joe Paulick, the Director of Housing, said, “Although I didn’t play a specific role in making it happen, I am glad that I was able to help with the marketing, promoting it on campus and to students on social media.”

According to Paulick, the shuttle service is a student initiative and Parking and Transportation helps organize the shuttle as well.

“It’s a day we have a lot more stores than just Publix. We parented with HBO and we’re are working on new landscaping for the quad and this summer, our major projects will be making renovations to University Towers for the upcoming weeks.”

Department of Housing and transportation, RHA and SGA united to bring the new shuttle for all students. It will start this Sunday Feb. 21 for the first time and will run weekly until the end of the semester. If interested in finding more information, contact SGA.
The Force Awakens offers nothing but nostalgia

Students: When dealing with stress, you're not alone

Every Panther has felt overwhelmed and stressed at one point in their college career. It sometimes feels as though you can’t muster the willpower to pull yourself out of a ditch. It’s normal for most people to experience anxiety and stress from time to time, but for some, it can start to interfere with daily life and could eventually indicate a more serious issue. Anxiety is a feeling of worry, fear, or unease, that if strong enough, can interfere with one’s daily activities. It can be a reaction to stress, which is any demand placed on the brain or body. Many people associate stress and anxiety with an inability to take control of one’s problems or with weakness. People may feel stressed when many demands are placed on them and can be triggered by an event that makes them feel nervous or frustrated. An example of this can be seen during exam time when Panthers are scattered all over FIU studying for cramming for their tests, or when students put assignments off until the last minute, feeling overwhelmed by the large amounts of work they must complete. According to a study by the Center for Collegiate Mental Health at Penn State, more than 100,000 students nationwide at 140 colleges and universities were surveyed having sought help at campus counseling centers. More than half cited anxiety as a health concern and was identified as the top concern for nearly 20 percent of the students. Other concerns included depression, relationship problems, stress, academic performance and family. “I usually feel the most stress when I lack sleep. My loss of sleep is related to school work and personal affairs,” Alondra Hernandez, a senior majoring in Philosophy, said. Another reason anxiety and stress is high among students is the growing presence of technology in their lives. With information overload, so much to learn and so much to know, students may feel rushed and pressured when connected to the digital world. It’s also common for students to put aside important matters to watch a few seasons on Netflix or scroll Facebook for hours, leading to procrastination. As FIU is an institution committed to providing a safe and friendly environment for students, Panthers are encouraged to use academic and personal resources at Student Health Services and Counseling and Psychological Services in order to more fully enjoy their college experience. To help with finding balance between demands, SHS offers many programs to help reduce stress, including stress management consultations, aromatherapy, massage therapy and acupuncture. CAPS provides both individual and group mental health services that will facilitate students’ academic learning, emotional well-being and academic skills development. It’s important for students to recognize that anxiety is a part of life and while a certain level of stress can be healthy and motivating, too much stress can cause problems. Rather than succumbing to the pressure and emotions stress can cause, Panthers should find approaches to reduce the level of stress and anxiety.

Don’t text and drive

Laura Hajjar/AEM Bureau

The opinions presented within this page do not represent the views of The FIU Internal Board. These views are separate from editors and reflect individual perspectives of contributing writers and/or members of the University community.

Disclaimer

Everything is a deliberate attempt to fill in the blanks of the movie’s biggest problem. It’s 1977 all over again and the movie plunges into adventure ahead, one that's photographed shot of the movie openly points out to viewers that the First Order are a deliberate attempt to bring new kinds of people to experience cinema. It's important for students to recognize that anxiety is a part of life and while a certain level of stress can be healthy and motivating, too much stress can cause problems. Rather than succumbing to the pressure and emotions stress can cause, Panthers should find approaches to reduce the level of stress and anxiety. Fernandez, for example, reduces his stress by “having a trusted network of friends” who he can hang out and socialize with when he’s trying to meet the demands of his heavy course load. A daily dose of exercise, listening to music, walking, writing in a journal, focusing on planning and managing time are just some of the other ways students can relieve stress. Panther Health is a commentary on college health in nutrition. Maytinee Kramer is a staff writer for FIU Student Media. For more commentary, please contact Maytinee at opinion@fiusm.com.

Editorial Policy

Editorials are the unedited voice of the editorial board, which is composed of the editor in chief, managing editor, and the editors of each of the five sections. The Beacon welcomes any letters regarding or in response to its editorials. Send them to opinion@fiusm.com.

Monday, February 18, 2016

Send us your letters

Have something on your mind? Send your thoughts (400 words maximum) to opinion@fiusm.com or drop by our offices at either GC 210 or WUC 124. With your letter, be sure to include your name, major, year, and copy of your student ID. The Beacon will only run one letter a month from any individual.

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Students: When dealing with stress, you’re not alone

Dear Editor,

As a student, I have experienced periods of extreme stress in my college career. It can be overwhelming to juggle the demands of coursework, extracurricular activities, and personal life. Sometimes, it feels as though I’m constantly struggling to keep up.

I believe it’s important for students to recognize and address their stress levels. Here are some strategies that have helped me manage my stress:

1. Prioritize your tasks: Make a list of your responsibilities and prioritize them. Focus on completing the most important tasks first.
2. Take breaks: It’s important to take breaks throughout the day to rest your mind and body. Whether it’s a quick walk, a few minutes of meditation, or simply taking a deep breath, giving yourself time to recharge can make a big difference.
3. Seek support: Don’t be afraid to reach out for help when you need it. Whether it’s talking to a friend, family member, or a professional, having a support system can make a big difference in managing stress.
4. Practice self-care: Taking care of your physical health can help reduce stress. Exercise, healthy eating, and sufficient sleep are all crucial for managing stress.

The key is to find what works for you and to be kind to yourself during stressful times.

Sincerely,

[Your Name]
Tea regimen helps reduce stress and stay healthy

LESLIE ANGELA BLANCO

I started this regimen almost three years ago to be the healthiest and best version of myself. We have tried all sorts of ways to lead healthier, and more productive lives, incorporating tea into one’s diet is essential - especially if you are anxiety prone and in need of down time. Realistically, the stress of school, work, and even minute things such as waiting in line, traffic, etc. all take a toll on our minds and bodies. Drinking tea heals both.

It is a more holistic approach to helping with racing thoughts, anxiety, and depression. Consuming brewed tea is cheaper than therapy and pharmaceutical over the counter medication. That said, not all teas are created equal. Green, black and white teas contain some level of caffeine.

People who are sensitive to stimulants should be mindful of the caffeine. According to a source that sells organic teas, black tea contains the highest amount of caffeine followed by green, and then white tea.

Consuming caffeine if you have anxiety can actually exacerbate your symptoms—take it from someone who knows. Despite caffeine levels in tea being nowhere near as much as much as coffee, they should still be taken into consideration.

Although I drink organic teas regularly, what I gained clarity on in my journey of consuming different types of tea along the way are that the ones that helped me most with my racing thoughts and anxiety were green tea, chamomile and happy tea.

The latter was a part of Your Tea which I was gifted from my brother. Your Tea intrigued me due to their unique ingredients derived straight from the Fujian Province in China, used to create modern tea blends using traditional Chinese Medicine principles.

They started gaining popularity through social media - particularly Instagram last year. Happy tea is rich in L-theanine, an amino acid found in tea leaves. It is a mild sedative and helps the ability to relieve insomnia, is a nerve relaxant, and eases muscle tension. It also boosts the immune system and contains anti-inflammatory agents and antioxidants. So much goodness packed into one tea!

All of these teas, which I try to consume regularly and at different times, shed light on my perception of health and the natural processes of your body and the way that it can heal itself.

I found that I was calmer, able to focus more easily, and was able to slow down at my leisure without worrying so much about to do lists and to actually do what was required. I also found that I was able to eat more consciously and resisted eating more than satisfied.

We live in a world filled with mental stimulants - it’s no wonder why anxiety is one of the most common illnesses in the U.S.

We also live in a country where fast and processed food is prominent. It’s important to stay awake to these issues and contribute to creating a socially responsible and conscious world starting with ourselves and then extending out to others.

There is no magic pill or aid to cure anxiety or depression or almost any ailments, however there are foods and ingredients that can aid in promoting the body’s natural healing processes and rhythms. That is why it is so important to love your body and your mind and to take care of it regularly.

I recommend drinking these teas for anxiety and a racing mind as opposed to using sleeping pills or anti-anxiety medication.

This isn’t a quick fix for anxiety or depression but can definitely help to temporarily relieve the symptoms and going the natural route is better for your body and your mind and to take care of it regularly.

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Concert merge worlds of electronic music

FRENCH, PAGE 4

Songs like “You’re On,” “Pay No Mind,” “Intoxication” and “Pixel Empire” were big hits with the crowd, seemingly because of the strong features on Madeon’s debut like Passion Pit’s “Sleepwalker.” Overall, what occurred was an eclectic set of music that defied tastes. It was clear who we were waiting for: an older crowd towards Skylar Spence and reminiscing of 2011 when vaporwave had just emerged and younger kids in Porter Robinson shirts who couldn’t wait to see their friendly young emerging artist who can artfully portray them on some spiritual journey of both epic, danceable proportions and for bringing together two worlds that would have never met in the first place.

Overrated or underrated: Kanye and Yeezy season three

If Kanye West says it, you ain’t got that “you ain’t got that” to the track that the original didn’t have. However, if both versions were combined, it would be even better than having two alternate versions of the same song. I guess this will do for now until Ocean decides to show his face again. As far as how minimal it was, it’s reminiscent to “My Name Is My Name” (Pusha T). It sounded like the next musical step to take after producing an album like “Yeezus.” Then change the Rapper’s verse on “Ultron Beams,” hearing Frank Ocean’s melodic voice was a surprise on “Wolves,” a track originally featuring Sia and Vic Mensa.

The show focuses on Annette Keating, played by Viola Davis, a lawyer who doubles as a professor at the Middleton University in Pennsylvania; five of her students, known as the “Keating Five,” and her two closest business associates as they tend the line between fighting for justice and disrupting the justice system. Davis excels as a strong leader, who dances effortlessly between a powerful, in-control woman and a frail barely-there basket case. A rare focus on television, she’s a multifaceted woman struggling with more than just her quest to find love. In fact, Keating is more focused on her career than her love life, which is a fresh and different Thursday-night line up.

The Keating Five comprises Wes Gibbins, Connor Walsh, Michaela Pratt, Asher Millstone and Laurel Castillo, each representing a different subsection of American universities, an illustration of how carefully and deliberately crafted the writing of the show is. Gibbins, portrayed by “Harry Potter’s” Alfred Enoch, represents the lower-class student who dedicates their lives to achieving academically to escape their neighborhoods. Walsh, played by Jack Falahee represents the pretty boy who has to get his way with a wink and a grin, especially with men. Castillo, played by Matt McGorry from “Orange is the New Black,” portrays the token white girl that naysayers cannot say anything about. Unlike its Thursday-night counterparts on ABC, the female lead doesn’t have the time or energy to relentlessly pine after men, isn’t afraid to speak her mind and is quick on her feet. Though she has a team to aid her, she doesn’t rely on them to get things done. It’s obvious that Keating is calling the shots.

The cliff-hangers the show relies on each week are just dramatic enough to keep viewers tuning in, but not so over-the-top that they become gimmicky. I also like the way the story is told, bouncing between flashbacks and real-time to weave together a well-rounded story.

Season one of “How to Get Away with Murder” is available for streaming on Netflix and Hulu, with episodes some months available On Demand. Season two airs Thursday nights on ABC at 10 p.m.

HIT THE TARGET

Pedro Castillo, a sophomore photography major, takes a shot at the dunk tank target during Pi Kappa Phi’s Dunk a Hunk fundraiser Friday, Feb. 13.

TIMES SQUARE, New York — It was a beautiful spring day, and the energy of his family, his passionate worker and himself and everything he does and how he isn’t a “puppet controlled by a corporation.” He goes on to say that his Yeezy Boost collaboration shoes with Adidas is the best selling shoe and Christmas present as if no one believed he did it all himself, learned everything and how hard it was to do.

Seeing West after all of this made me realize that the mogul really is what he says he is, even if he is a little eccentric and rather narcissistic. He’s not a slave and anyone is no one’s master. He does whatever he can to be absolutely sure he has all the answers to our questions. He works hard on all his projects; “My Beautiful Dark Twisted Fantasy” is proof enough.

He’s a very passionate worker and thrives off the positive energy of his family, but most of all, he takes himself and everything he does seriously. That’s the one thing about West that naysayers cannot say he doesn’t do.

Julian Balboa
Contributing Writer

Julian Balboa
Contributing Writer

If Kanye West says that “you ain’t got the answers” to his questions, you ain’t got the answers.

The evening of Feb. 11, questions were without answers and only West had all the answers, at least until about 4 p.m.

The event of the year or so he made it to be, had finally begun after a few minor delays. Yeezy Season 3 ready-to-wear clothing line ended the premiere of his much-anticipated seventh studio album.

The Life of Pablo had finally commenced. It was being touted as the fashion and music event of the year without anyone actually needing to call it that, but that’s just the kind of hype Kanye generates. No detail is inconspicuous. He knows that once he plans it out, people will come and people will make time for it. He wants you to make time for it. I skipped class to see it in theaters. I know exactly what I’m doing. Is it stupid? Yes. Was it worth it? Maybe.

At a little after 4 p.m., Kanye West walked into Madison Square Garden backed by ASAP Rocky, Big Sean, Pusha T, 2 Chainz and Vic Mensa. Young Thug and Travis Scott were even amongst his associates as they took the models showcasing the new clothing line. The Kabulshen family made their way to their seats a few levels above the action, presumably to get a good view of everything going on.

Then, after a few smiles at the crowd, Kanye takes the mic, and says “So, uh, how about that new album?” He lets the cheers fill in the silence he leaves after that sentence.

“Uh, feel free to get up and dance from your seat if you feel like dancing.” Then, he plugs in an auxiliary cable into his computer and introduces the first track of the album, “Ultra Light Beams,” which he had made a few of the lyrics from into the sweater he was wearing.

The song starts off, when artist then roars with gripping vocals from R&B artist, Kelly Price and swells up until his signature 808 drums came in.

This show focuses on Annette Keating, played by Viola Davis, a lawyer who doubles as a professor at the Middleton University, an illustration of how carefully and deliberately crafted the writing of the show is. Gibbins, portrayed by “Harry Potter’s” Alfred Enoch, represents the lower-class student who dedicates their lives to achieving academically to escape their neighborhoods. Walsh, played by Jack Falahee represents the pretty boy who has to get his way with a wink and a grin, especially with men. Castillo, played by Matt McGorry from “Orange is the New Black,” portrays the token white girl that naysayers cannot say anything about. Unlike its Thursday-night counterparts on ABC, the female lead doesn’t have the time or energy to relentlessly pine after men, isn’t afraid to speak her mind and is quick on her feet. Though she has a team to aid her, she doesn’t rely on them to get things done. It’s obvious that Keating is calling the shots.

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TV Talk is a weekly column providing reviews of television shows available through various on-demand programming options. To provide show suggestions for Cayla, or offer commentary, email cayla.bush@fiusm.com.
SPORTS

The top shortstop in the country, Errol Robinson. After batting an average of .297 last season with 11 doubles, and posting a fielding percentage of .953, Robinson was named a preseason All-American by Baseball America and DIBaseball.com. A junior this spring, he will be joining five other returning position-playing starters for Ole Miss, giving them a slight advantage over Florida International, as the Panthers will be returning only five starters from last season.

As far as pitching goes, the Rebels have a closer who goes by the name Wytty Short, and he was arguably the best relief pitcher in college baseball. He was given the National College Baseball Writers Association’s “Stopper of the Year” award, after recording 44 strikeouts in 39 innings pitched, and an ERA of only 1.39. Short is just one more obstacle in the way of FIU’s potential first, second and third wins of the season.

With what seems like a loaded hand on Ole Miss’ side, the Panthers only have a couple options to turn to as answers.

In the batter’s box, they’ll see how much they can squeeze out of Arizona Western College transfers Nick Day and Irving Lopez. Lopez batted .429 in his sophomore season, but will likely hit nowhere near that on the Division 1 level. Guess we gotta wait and see about that.

On the mound is where FIU will have to make their living this weekend, and this season with most of their power-hitters and consistent bats coming out of a last season gone.

The leading candidate for the role of “Ace” in this team deck of a rotation, is Andres Nunez. “Going into last season, they let me know I was going to be coming out of the bullpen,” Nunez said.

And he did, right out of the bullpen, and into the season in the starting rotation. He emerged and took over the Saturday spot in the starting rotation, the assignment originally given to fellow freshman Garrett Cave. After striking out 79 in 82 innings pitched in 2015, the 6’4, 240 pound right-hander is poised to keep climbing up the depth chart and take over the top spot in the rotation, to showcase his arm on Friday Nights.

As a freshman, giving batters free bases was his admitted weakness, “some off-speeds get away from me” and he hit 21 batters with his pitches. “My focus this year is to reduce my walks a little bit, and uh, you know, try to get a little better than what I did last year.”

He’ll have to be. Anything less could spell certain doom for his first start, which he does expect to come on Friday Night.

The 24th spot in the nation might be a bit optimistic for this Rebel Black Bear squad, batting 265 a year ago, but if it’s based mostly on defensive prowess, they’ve got it locked. This team posted a fielding percentage of a staggering .971 last season. That’s right. Out of 1000 defensive opportunities, the math says they’re going to botch about 29 of them, maybe.

But what will be the barometers for Florida International will have to take advantage of every opportunity Ole Miss gives them, considering they won’t see much more than a couple mistakes from them, if any.

Much about this FIU team is still up in the air, from pitching, to hitting, to positioning new players on defense. Don’t expect for this weekend to show you much new about FIU’s stats, but she thought that her performance could have been much better in order to beat the Seminoles.

“I never feel that I play my best unless we win a game,” Lopez said. “I think as a team we need to learn how to finish the innings and win every pitch because when we don’t that’s when everyone starts to get down.”

The Panthers hosted the Juicebrendz FIU Invitational, which began Friday, Feb. 12 with FIU. The team played against four additional teams including Illinois, LIU Brooklyn, St. John’s and Valparaiso on Saturday and Sunday. Luckily for the Panthers, they won each game, and the team now holds a current record of 4-1.

Losing to the high-ranked Seminoles did more good than harm to the Panthers. The mistakes made while playing FSU, helped the Seminoles, which was more than the Seminoles, into their season with a sweep at Florida International, giving them a fielding percentage of .953 last season. That’s about 29 of them, maybe.

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“They played well for the most part. During the first inning, Ashley Leon, junior infielder, struck out FSU when a Seminole tried to steal second base. Aligina Lopez, senior center fielder, scored a run in the game by contributing to the Panther’s hits. Lopez may have added onto FIU’s stats, but she thought that her performance could have been much better in order to beat the Seminoles.

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Records broken in Armony Track Invitational

**IRA WINDERMER**
Sun Sentinel
TNS Staff

Miami Heat forward Chris Bosh faces new blood clot scare. In the 200-meter dash, Bosh had said he believed his career should another clotting scare, Bosh said he was recurring thing, it’s going to be a recurring thing, it can be a recurring thing, yes,” he said. “But I’m a lot smarter now, I know about the precautions.” Then came the calf strain and the concern returned. Bosh is meeting with medical personnel to determine his course of action. Bosh had downplayed concerns about another clotting episode while at All-Star Weekend in Toronto, but since then the concern level has been raised.

The Heat have declined comment, but the team not longer want to resume practice following their All-Star break until midday Wednesday at American Airlines Arena. The Heat resume their schedule Friday at Philips Arena against the Atlanta Hawks.

The latest news stands in contrast to what Bosh had said Saturday in Toronto. “I’m pretty optimistic,” Bosh said while attending practice session in advance of Sunday’s All-Star Game. “I’m pretty sure. When we get back to Miami, we’ll do everything we’ve got to do to make sure it’s right.”

Bosh said he was not sure when he developed the calf issue. “It just kind of lingered,” he said. “I tried to treat it and all these things. It’s just one of those funny things where if you feel like it’s not really turning the corner, calves can really turn into a major problem.”

The thought, at the time, was that it would not lead to anything similar to last year’s issue, with Bosh learning of his blood clot during the 2015 All-Star break.

Like Bosh, teammate Dwyane Wade downplayed the level of concern at All-Star Weekend. “I’m trying not to think about it too far with CB right now,” Wade said. “I just know the basics. I don’t know too much.

“I haven’t allowed myself to be concerned because he hasn’t shown the concern.” Bosh has been vigilant in his attempts to safeguard against a recurrence, making appearances on behalf of Janssen Pharmaceuticals, and markets the blood thinner prescription Xarelto.

Bosh has been particular cautious during lengthy flights, with the Heat having taken several lengthier flights than the one that took him from Miami to Toronto for All-Star Weekend.

“As a taller guy,” he said at the start of the season, “it’s a little bit tougher for circulation. That’s one of the main things I think of, is, ‘OK, let me make sure that I keep my blood pumping. Let me get up. Let me wear my compression socks.’ Nobody likes to wear those, but they can do quite a bit for you if you take the time to wear them.”
Pipeline catches up with local band Left-handed Jacket

L e f t - h a n d e d 
Jacket is an energetic, three-piece band that is able to make a room of local music lovers move and shake with their groovy tunes. Listeners can expect the first EP from Left-handed Jacket to be released in March. FIUSM sat down with them for an interview.

Natalie Bojorquez: Right now who you hear speaking is…
Raul Crespo: Raul, lead singer and bassist for Left-handed Jacket.
Jon Bedoya: Jon, lead drummer.
Gilbert Rodriguez: Gilbert, guitarist.
Raul AKA Casanova: NB: Is it the hair?
Raul: It's the suave demeanor all the time. It's just constant smoothness.
Jon: He's a GAP catalogue.
NB: Left-handed Jacket, is that like a pocket on one side? I'm not sure?
Raul: I lived in Gainesville for some time of my life, "go-Gators," just kidding go Golden Pantry opportunities as well as the ability to directly affect the decision-making processes that concern the FIU community.

Participations that SGC will allow students a say in hot button issues such as those brought up during the annual Town Hall Meeting held at BBC Feb. 5.

There has been concern towards the lack of UCC courses at BBC and how it affects freshmen students by not being able to register on time or having to deal with lack of availability with every department.

Kenley Jean-Louis, current vice president of SGC-BBC, mentioned his concerns at the recent Town Hall Meeting held at BBC Feb. 1.

"There has been concern with other local acts who you would you talk. Make a friend. A lot of Chinese people are very friendly and we just have to ask. Make a friend. Most Chinese food is authentic Chinese food you just have to ask. Make a friend. We're really excited about that. We came together in this trifecta of amazingness and it's just been awesome like the flow has been crazy.

NB: Would you ever consider expanding the band?
Jon: The less opinions the better. The less schedules to work with, the better.
Raul: It's exponentially more person in the band. But, so far we're happy with three [members]. We all play multiple instruments so we're definitely going to see what the sound evolves into moving forward; we're really excited about that.
NB: What do you guys play not just in the band.
Raul: Well, we're all taking vocal lessons.
Jon: I'm gonna be a singer.
Raul: He's going to tap the inner singer, that was always inside of him.
NB: What are some personal influences that kind of led you in this direction of this band?
Jon: I don't want to be corny but Underneath, unless you like Bobby Gillespie from Primal Scream.
NB: How would you say your cultural background influences your music?
Jon: I definitely bring that music in my lyrics a lot. I don't speak so much in Spanish, I've written some. Even if they're Spanish.
Gilles: I have a lot of Spanish influence in my guitar, like the Gypsy Kings. I started off playing classical guitar, but I wasn't into Flamenco or anything awesome like that.

Raul: We just have that natural flavor, the Latin sason.
Gilles: That's why we make dancing music. It's all about moving your body.
NB: What do you think of the music scene in Miami with venues opening and closing, the recent reduction we see in indie rock bands. It's always good to promote Chinese culture in a fun and interactive way, "Guerreiro said.
Senior information technology major Rorey Cowan was passing by the library when he decided to visit the event.

"I wasn't aware there was such a strong Chinese influence. It's always good to see people celebrating their culture and also inviting others to be a part of their festivities. I'm happy that I stopped by. The turnout was amazing, I even learned a few Mandarin phrases," Cowan said.