**MOVE-IN MADNESS**

Incoming FIU freshman and Landscape Architecture major, Sophia Neves, moves into the freshman housing at Lakeview South on August 19, 2016.

**FIU BAY**

FIU experts explain toxic algae

**STEFANIE ESPAILLAT**

News Director
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When a state of emergency was declared, following a severe outbreak of blue-green algae blooms that appeared in four Florida counties’ aquatic environments, research found that this particular algae is toxic and can cause severe harm to public health.

Research developed at FIU has tackled issues on toxic algae blooms from vast perspectives. According to FIU assistant professor Jose Maria Eirin-Lopez from the Department of Biological Sciences, who is also involved in the Marine Sciences Program, FIU has put an emphasis on research efforts to help understand and combat these issues.

Eirin-Lopez’s research focuses on the effects of natural and human-made marine pollution, including non-toxic algae and blue-green algae on plants and animals. He is a researcher with FIU’s Center for Aquatic Chemistry and the Environment, which collaborates with researchers in the fields of chemistry, ecology, engineering and computing and public health. Their goal is to improve the comprehension of the contamination of the water resources and help build strategies to stop these problems in the environment.

FIU’s research is focusing on understanding the distribution, ecology, and factors motivating the blue-algae blooms. It analyzes toxins produced by these organisms, and studies their harmful effects. It also looks at the mechanisms involved with the responses of marine organisms and humans in contact with algal toxicity.

“This latter topic motivates the most important research line at the environmental epigenetics lab at FIU. In that work, we are trying to determine the identity of the genetic and epigenetic mechanisms involved in the responses of oysters to Florida red tides,” said Eirin-Lopez. “By doing so, we hope to understand a little bit better how organisms cope with the harmful effects of these toxins, but also to identify markers of stress that can be used by the aquaculture industry to identify toxic algal blooms at early stages, thus enabling prevention and supporting management.”

Eirin-Lopez also explained that toxic algal blooms are an issue for three main reasons. The first is that algae blooms cover the water’s surface, and will block light that will exhaust oxygen and hinder the responses of marine organisms and humans in contact with algal toxicity.

“Pot research shows harmful effects

**CEYLIN ARIAS**

Assistant News Director
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As of May 2016, Marijuana use is legal in 25 states for recreational and/or medical use however, a recent research study by FIU psychologist Elisa Trucco suggests that the drug may have detrimental effects on users in the long run.

According to Trucco, her study, supported by the National Institutes of Health, found that long-term use of marijuana impaired participants’ natural response to reward by reducing it. As one of the authors of the study, Trucco said they were interested in testing out two factors: (1) whether differences in the brain’s response to reward put adults at risk for marijuana use and (2) whether marijuana use had a negative impact on the brain’s response to reward.

Science has demonstrated that a person’s ability to feel pleasure is both regulated and controlled by the brain’s reward center. “Feeling pleasure motivates us to repeat behaviors that are critical for our existence such as eating a juicy burger, eating money, and having sex,” said Trucco.

For 20-year-olds’ brains were scanned using functional magnetic resonance imaging at approximately two-year intervals, the first time at age 20, the second at age 22, and the third at age 24. They were recruited from the Michigan Longitudinal Study. An ongoing study, which began in the 1980s that follows two contrast samples of groups from the same neighborhood: youth at high risk for addiction and youth not at risk for addiction.

Prior to beginning the study, the participants were asked to complete a questionnaire on their alcohol and drug use, which included cigarette and marijuana use.

While in the fMRI, they were instructed to click a button the moment they saw a target appear in the screen in front of them. Before starting the experiment, the response to reward Money, and having sex,” said Trucco. (2) whether marijuana

**Finacial Aid: Things to know**

**FABIENNE FLEURANTIN**

Staff Writer
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School is back in session and as the fall semester begins, there is only one thing on everyone’s mind — Money. There are many looming questions about financial aid, and how to receive it, and some students often feel the frustrations of not knowing the answers.

“With me, it’s frustrating when one semester you can pay for classes and books with financial aid, but the next year, you’re struggling to pay for classes alone,” said Lovely Monel, senior in health science studies administration. “I am grateful for the Blessing of free money. It’s just a hassle to not know if you’ll need to put money up.”

Madeline Baro, the senior Media Relations specialist at FIU, found this is a prominent concern among students and often, students hold certain misconceptions about financial aid that may confuse them.

“They are not aware of the difference between the disbursement process which is done by the Financial Aid Office and the refund process which is done by Student Finances (Cashier’s),” wrote Baro to Student Media.

“The Financial Aid offered awards are based on full-time enrollment which is 12 credits for undergraduate students and nine credits for graduate students. For students enrolled in less than 12 credits, the awards will be adjusted or canceled based on the terms and conditions of each award. Some awards may be reduced while others will be canceled.”

Students can receive a refund if all their charges have been paid, and it will be processed within three to four days. In addition, they are required to sign up for direct deposit, so the money they applied for can be placed in their account within the week, or pick up a check instead.

From Student loans to scholarships, federal work study and grants, there are several different types of financial aid available to students. This gives students a chance to see what fits best with their predicament and in turn, how it can benefit them in the long run.

When it comes to figuring out what type of financial aid you may receive, by logging onto onestop.fiu.edu, financial aid, you have access to a plethora of information that can help students understand how to apply for financial aid and the types of financial aid. Students may also go to the OneStep office on both campuses to ask questions and get help from advisors.

Additionally, when logging into my.fiu.edu, there is a link to your financial aid page, which tells you what financial awards you can accept or discontinue. Eirin-Lopez also explained that toxic algal blooms are an issue for three main reasons. The first is that algae blooms cover the water’s surface, and will block light that will exhaust oxygen and hinder the responses of marine organisms and humans in contact with algal toxicity.

**SEE SEAS, PAGE 2**
**Financial Aid questions answered by FIU administration and staff**

**AID, PAGE 1**

It would be a big help if the advising staff knew what the students are talking about and is not just speculating,” Charlie said. She and Monéil feel that this system could be improved.

“While the system may be slow, the process is still important, and advisors also advise students that their financial aid will be reduced or affected if they should or could fail to meet the standards they set for themselves.”

For more information concerning the current work of Trucco and other publications from the FIU Research on Adolescent and Child Health, visit research.fiu.edu.
A message to freshmen on procrastination

Ferrari said to the APA. Waiting until the last minute did pay off with a good grade. Some of my students get a rush from working under pressure and they believe that is when their best work is done. However, to what students believe, Ferrari’s experimental data proved otherwise.

“Students seem to remember the one time that maybe they procrastinated the most, because it was a good grade, but they forget the other nine times when it didn’t,” Ferrari said to the APA.

It’s important for incoming freshmen to realize that procrastination just won’t cut it in college, like it did in high school.

When I was a freshman at FIU, I remember thinking that high school was much easier because we had an entire year to learn a subject. However in college, everything is crammed into 16 weeks, at most, and the transition is exhausting enough without adding the stress of procrastination.

After all, GPAs drop faster than they rise and your freshman GPA sets the tone for the rest of your college career. Understandably, students can get caught up with life and get overwhelmed with classes. Some things that incoming freshmen can do in order to avoid the stress of procrastination include organizing your priorities, learning to manage your time wisely and always putting what you have to do over what you want to do. Many resources are also available on campus, one being the free planners offered to every student at the beginning of each semester to help keep up with schoolwork and events on campus. Using the study rooms in the Green Library is another great method to avoid procrastination because it eliminates any distractions that may prevent students from getting their work done on time.

For the times when procrastination does take a toll on students’ mental health and well-being, they find themselves feeling very anxious and overwhelmed, there are services on campus, namely the Counseling and Psychological Services in the FIU Student Health Center, that help students get back on track and not let the stresses of college overwhelm them.

College is a time to learn and develop character and it’s the transition that welcomes you into the so-called real world. It’s the place you enter as a teenager and leave as an educated adult.

Part of that transition is learning to make decisions that are not always the ones you want to make, for instance staying in to study for an exam on a weekend instead of going out to a party.

Incoming freshmen and current students as well should enjoy the unique experience that college offers, but never forget their priorities. Ultimately, college leads you to the things you want to do only if you do the things you need to do first.

Linda Cuadra is a staff writer for FIU Student Media. Her column, Pop Talk, is a commentary on pop culture current events. For suggestions or comments, please contact Cindy at opinion@fiusm.com.

Move in offers new life for freshman

Letter to the editor: A response to FIU in D.C. editorial

An editorial was published on June 29 by the FIU Student Media Editorial Board questioning the potential of FIU in D.C., a dynamic project that aims to better connect students, researchers and alumni to national thought leaders and community partners for research endeavors or jobs.

To that end: Squarely. My experience in Washington has been transformative, and I am not sure this would have been the case without the resourcefulness and encouragement of my University-family mentors. Everyone from the FIU in D.C. community is eager to help each other succeed. I applaud the University leadership for taking this bold step and for being such powerful, supportive champions for its students.

The D.C. Panther network is one of FIU’s most robust, with approximately 80 of our students interning in the capital each summer in addition to the existing roughly 2,000-member alumni chapter. This is an investment in all of our futures: FIU in D.C. is more than just a physical space; it is the talent and advocacy of FIU, amplified.

Networking with alumni and leaders at the vanguard of where our students aspire to be in, in fact, an integral part of our post-grad success—which will pay FIU back kindly over time with rising career placement ratings, and new partnerships that can arise.

Sponsors from across campus and across the community have kindly and willingly contributed thousands of dollars in support of what they see that FIU in D.C. can be. Believing in the future of FIU in D.C. is the belief in the spirit and grit of the FIU family, which transcends any physical space.

Let us not just take the $305 to the 202; let’s be the change-makers of tomorrow and let’s take our global solutions truly Worlds Ahead.

Letters to the Editor are not written by FIUSM Staff. They are submitted by readers of The Beacon.

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Rio Olympics inspires CSO’s annual club fair

CHLOE GONZALEZ
Staff Writer
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The Council for Student Organization’s upcoming Olympic themed club fair will offer a transformative experience for FIU students, freshman, and seniors alike, by providing them a place to network and join a club they’re interested in.

“I came here ... by myself, going to club fair one year ... I just joined all the organizations ... I made a lot of friends off of that in just one year and I just improved my whole college experience,” said Stanley Evans II, junior hospitality management major and CSO President, on the effect club fair had on his college experience.

Arlet Hernandez, a junior biology major and events coordinator at CSO, added that the club fair “helps you fit in, into something that you wouldn’t interact with on a daily basis ... It’s just a good way to express yourself because there’s people out there that have the values and the same likes as you ... It’s just a good way to interact with people,” said Evans.

This semester’s club fair will be held in the Graham Center ballrooms on Wednesday, Aug. 24 and Thursday, Aug. 25 from 11 a.m. until 2 p.m. Everyone is welcome to attend hosted and organized by CSO to showcase FIU’s clubs and organizations. Each club that participates tries to recruit new members by setting up a table with posters and giveaways that display what their club/organization’s mission purpose, what they do, and events they host.

Evans explains that the club fair can be especially interesting for freshmen who are anything about clubs,” he said, “so this perfect opportunity to have that one on one experience with them, have that one on one talk with different members of the clubs to show their different likes and different motives behind the clubs.”

A freshman coming in, they don’t know anything about clubs, so this is the perfect opportunity to have that one on one experience with them, have that one on one talk with different members of the clubs to show their different likes and different motives behind the clubs.”

Stanley Evans II
President
Council for Student Organizations

WEEK OF WELCOME CALENDAR OF EVENTS MONDAY-FRIDAY AUGUST 22-26

MONDAY, AUGUST 22
HOMECOMING ARTIST REVEAL
WHERE: 12 p.m.
WHERE: GC Pit (MMC)

SPC COMEDY SHOW FT. K-VON
WHERE: 5:30 p.m.
WHERE: GC Ballrooms (MMC)

TUESDAY, AUGUST 23
CHICK-FIL-A WITH MGC & SGA
WHERE: 11 a.m. - 2 p.m.
WHERE: GC Pit (MMC)

GREEK BBQ
WHERE: 1 p.m. - 9 p.m.
WHERE: Betty Chapman Plaza (MMC)

WEDNESDAY, AUGUST 24
BREAKFAST BONANZA
WHERE: 9 a.m.
WHERE: WUC141 (BBC)

BSU PIT EVENT
WHERE: 11 a.m. - 2 p.m.
WHERE: GC Pit (MMC)

THURSDAY, AUGUST 25
CSO CLUB FAIR (W-TH)
WHERE: 11 a.m. - 2 p.m.
WHERE: GC Ballrooms (MMC)

SPC PIT EVENT
WHERE: 11 a.m. - 2 p.m.
WHERE: GC Pit (MMC)

NPHC YARD SHOW
WHERE: 6:30 p.m.
WHERE: GC Ballrooms (MMC)

SPC HYPNOTIST SHOW FT. SAILESH
WHERE: 5:30 p.m.
WHERE: GC Ballrooms (MMC)

Saving made easy: unknown discounts for students

With prices being exponentially high for almost everything and unplanned expenses putting a dent in our wallets, it’s difficult to save for college expenses, like a college student. Food and clothing are necessities for students but many don’t realize the amount of money they could be saving just by using their student ID cards.

Many clothing and electronic stores, as well as chain restaurants, are offering students discounts by simply showing their student IDs. Clothing stores such as Forever 21, H&M, J. Crew, Urban Outfitters, and online store Missguided give students 10 to 15 percent discounts on items, some already discounted.

Burger King allows the use of student ID cards to get 10 percent off your next meal and many Buffalo Wild Wings locations also give a 10 percent discount.

Thirsty? Show your ID card at Chick-fil-A and Chipotle to get a free drink with the purchase of anything on the menu. Cellphone bill too high? Companies such as Sprint and T-Mobile give students a 10 to 15 percent monthly discount on their cellphone bills by going online to the “Sprint Discount Request” page and StudentRate.com, respectively.

The average undergraduate college student spends an estimated $24,061 while attending a public four-year in-state school and approximately $2,106 of that amount is labeled as “other expenses.” These other expenses can be translated as food, clothing, trips, etc.

Third year education student, Yeslien Garcia, said that she never knew using her student ID would make such a difference.

“Their little bits and pieces add up. My absolute favorite way to save money with my student ID is with Apple Music,” Garcia explained that she used to spend $9.99 a month for the music subscription service, which is almost $120 a year. “Now I pay $4.99 for it with my student ID,” said Garcia. She now saves $60 yearly just by using her student ID.

This is just one of the many benefits of being a college student and it’s important to take advantage while we can.

Haute Coffee is a column focused on providing tips to students that save time, effort or money. To offer comments or suggestions, contact Stephanie via email at life@fiusm.com.
Rio Olympics inspires CSO’s annual Club Fair

Club fair features all types of clubs including cultural, academic, and business organizations, as well as ones that are closely tied to their culture or major, according to Evans.

For this semester’s club fair theme, the Council for Student Organizations executive board chose the Rio 2016 Olympics.

“I feel like this is one of the best themes we’ve ever had,” said Evans. The Olympic rings and colors will adorn the giveaway tank tops and hats.

On both days, each club’s posters and tables will compete in an Olympic style competition where gold, silver, and bronze medals will be awarded to the best tables.

Every year the club fair is held, the CSO executive board does their best to improve it. Evans explained that students expect the club fair to be a place with “good vibes … good attitude, good atmosphere, good giveaways, [and] friendly people” where clubs can “interact with each other and interact with the students.”

Hernandez hopes that students attending club fair will “have a new experience and can find a club where they can fit in … find something that they’re interested in and … interact as an FIU community.”

‘Florence Foster Jenkins’ a ‘heartwarming’ production

In the list of movies that blow most of the competition out of the water, a movie about a woman who can’t sing doesn’t seem like a shoe-in. “Florence Foster Jenkins”, starring Meryl Streep and Hugh Grant, delightfully proves that wrong.

The titular character is an elderly woman suffering from the terminal effects of a late stage of syphilis she contracted from her first husband years ago. She had a long-standing career in music and theater but has never pursued a singing career. Her husband, St. Clair Bayfield, career in music and theater but has never pursued a singing career. Her husband, St. Clair Bayfield, who she has a vaguely defined open relationship with, acts as her manager and lives to make her happy.

Determined to be a singer, Jenkins takes singing lessons, with piano music provided by Cosmé McMoon — played by Simon Helberg — only for McMoon and St. Clair to discover that she has no idea how to stay on pitch or rhythm.

Though the two desperately try to keep her lack of vocal talent under the radar, Jenkins is persistent in her endeavor to break into the singing industry but sooner or later, she’ll have to face the music — nobody likes her voice.

The movie is based on the life of the title character, who recorded herself singing and was infamous for being a terrible singer and ridiculed for it. “It’s hard to sort of forget anything from what happened because it was such a monumental thing to be working alongside all of these incredible people,” said Helberg in a conference call interview with college newspapers, about memories of working on the film.

It was such a simple movie, incredibly funny yet with a serious tone when needed. Streep pretending to have no singing abilities was one of the funniest aspects of the movie, and it was almost as though she knew exactly how to sing in the worst possible way imaginable.

Helberg, best known for his role as Howard Wolowitz on CBS’ “Big Bang Theory, said: “Me and Meryl went into the same studio that The Beatles recorded all of their albums in and we kind of just, you know, desecrated the place because she plays this atrocious singer and we are kind of butchering all of these great pieces in music.”

Florence Foster Jenkins was a heartwarming and hilarious movie with a brilliant cast, and it’s worth going to see while in theaters.

Lifestyle Points is a weekly column that reviews movies and discusses pop culture as it pertains to University students. To contact Joseph, email him at joseph.cardenas@fiusm.com.

MY ADVISOR AND ME

Students and their club advisers attend the CSO annual President Adviser Luncheon (PAL) on Friday, August 19 2016 in the GC Faculty Club.
WHO YOU VOTE FOR REALLY MATTERS

DEBBIE WASSERMAN SCHULTZ

Debbie has taken over $4.2 million in PAC money since she was elected to Congress in 2004. She’s taken more than $471,700 from PACs in 2015-2016 alone.

SOURCE: Opensecrets.org/Center for Responsive Politics

Tim believes that big money in politics is the root of political corruption. He refuses to take any corporate PAC or Super PAC money and will fight to overturn Citizens United.

THE ENVIRONMENT

Debbie, Rick Scott, and Marco Rubio have taken hundreds of thousands of dollars from the Big Sugar industry, easing their regulations which led to toxic runoff & blue-green algae pollution across Florida’s fragile ecosystem.

Tim believes we need to aggressively address climate change and reduce our reliance on fossil fuels. He will fight for strong regulations against fracking and Big Sugar in order to protect Florida’s Everglades, waterways, and shorelines.

THE WAR ON DRUGS

Despite Florida voters overwhelmingly supporting medical marijuana in a 2014 referendum, Debbie continues to view marijuana as a “gateway drug.”

Tim supports the legalization of medical marijuana. He believes we should end the War on Drugs which disproportionately targets and affects poor and minority communities.

HIGHER EDUCATION

Debbie has not acted to provide alternatives to give young people more access to higher education by making it more affordable.

Tim supports tuition free public college for all Americans. He also supports reducing current student loan interest rates. Young people should not be stuck in a cycle of debt for trying to receive an education.

RAISING THE MINIMUM WAGE

Debbie has stated in the past that she would like to raise the minimum wage, but has made no public statements as a Congresswoman on making the minimum wage $15 an hour.

Full time workers deserve a living wage, regardless of the nature of their work. Our current minimum wage does not allow people to afford housing, transportation, or bills. Tim supports raising the minimum wage to a living wage of $15 an hour.

EARLY VOTING BEGINS ON AUGUST 20

VOTE ON TUESDAY AUG 30TH
Defensive coordinator prepares players for upcoming season

SAMIR BADER
Staff Writer

With the 2016 football season less than a month away, new defensive coordinator, Ron Cooper, is focusing on getting the team ready.

On day two of training camp, Cooper doesn’t believe the team is ready to face the Indiana Hoosiers on the season opener game but is confident they will get there with more preparation.

“We played them last year, so we know a little bit about them, and they know a little bit about us. But now we are concentrating on getting our players ready day by day,” Coach Cooper said.

“We are not looking forward to Sept. 1 right now. We have got a lot of work to do, a lot of preparation and at the same time, we are installing defenses and the guys are figure out what’s going to go down ten days in.”

With players like Michael Wakefield, Denzell Perine, Lars Koht, Richard Leonard and Jeremiah McKinnon graduating from the defense, new young talents are looking to make themselves known at FIU.

“Making the same calls we made last year, get some new guys that get to step up, that’s what it’s all about,” said Coach Cooper when asked about how the defense will implement the new pieces into its strategy.

One of the keys to success as the Panthers head into the new season is communication on the field.

“It’s been real good. Guys are understanding [that] in the defense, you have to signal,” Cooper said. “The good thing about two-a-days is getting a chance to teach them in the classroom, and the guys are learning well.”

One aspect that plays into this season is the new television deal that will be broadcasting six FIU football games this season, including the season opener against Indiana University.

“It’s great. We’ve got to understand, we’ve got to do our part,” Cooper said. “The better we play, the better things will get. Our team is working hard, and I’m pleased so far.”

The season opener, airing on ESPNU, will take place on Thursday, Sept. 1 at 7:30 p.m. against the Indiana Hoosiers.

Team ‘certainly does have the weapons,’ will gain experience

ALEJANDRO SOLANA
Staff Writer

The Panthers must replace their two starting cornerbacks and figure out if junior quarterback Alex McGough will lead this team to a winning season, according to the assistant sports information director for FIUSports.com.

“The two guys they’re going to have to replace, Richard Leonard and Jeremiah McKinnon, ended up in NFL camps and are obviously very good,” said Pete Pelegrin, who covers the football team for FIUSports.com.

“They have some talent. It is a matter of game experience with this young talent, which you can’t force into them.”

Pete Pelegrin
Assistant Sports Information Director
FIUSPORTS.COM

They have some talent. It is a matter of game experience with this young talent, which you can’t force into them.

A young defensive unit, with minimal experience, ready for the grind of a 12-game season.

As for the other side of the ball, the offense will once again be carried by the arm of McGough, entering his third season under Turner’s offense.

The Junior from Tampa will look to improve the Panthers’ conference record, which has consistently under 500 since Turner and McGough teamed up in 2014.

“He knows the offense as well as he’s going to know it in his third year already,” said Pelegrin.

McGough will have a healthy Jonnu Smith back, but just like on the defensive side of the ball, Pelegrin thinks what the Panthers’ offensive team weapons.”

FIU opens the season on Thursday, Sept. 1 when the Hoosiers of Indiana University come down to Miami. Kick-off will be at 7:30 p.m. at the FIU Stadium, as FIU looks to avenge its 22-36 loss to the Hoosiers last season in Bloomington, Indiana.
SPORTS

BALLING WITH PASSION

Hitter has hands full, ‘wouldn’t have it any other way’

ALEXA ROTH
Staff Writer
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Born in Sacramento, California, volleyball player Tia Clay grew up wanting to become a professional gymnast.

Growing up, her father made sure she stayed active and involved in athletics but after suffering too many injuries practicing gymnastics, her father suggested she try volleyball.

Soon after, Clay found that she loved the sport and it became her passion.

Clay, now a junior, is FIU’s volleyball outside and right-side hitter. She has been playing for 10 years now, and says “College volleyball is a whole different era.

Transitioning from playing club volleyball... was an awesome experience. I have learned a lot about myself, now I can take the lessons I learned on the court into the real world. I have such a great tolerance for things now.”

With away games every week, practices every day, and schoolwork, this student-athlete has her hands full; however, she says time management happens to be one of her best qualities.

“We are student-athletes but we are students first,” Clay said. “We have to do the best for our team on the court but the best for ourselves in the classroom.”

As a biology major on the pre-med track, Clay realizes how important it is to divide her time equally and make sure she is succeeding both on and off the court.

While balancing school work and volleyball may get tough, Clay says her favorite thing about the sport is her teammates.

“They are what makes it worthwhile, and sometimes we get tired and down on ourselves, but it’s great to have a whole team backing you up and rooting for you.”

Clay said. “They are the best support system.”

Clay is also heavily involved in extracurricular activities. She is currently president of the Student Athlete Leadership Council, a member of the fellowship of Christian Athletes group, a liaison for the athletic department for the Student Government Association and an ambassador for the Women’s Government

She’s a great leader on and off the court,” said sophomore middle blocker Chelsea Hudson. “She’s very supportive, and is [making it] easy to learn by example.”

Clay explains that as a team, the support they give each other is what keeps them going.

“Not everyone can play in every game, so even [when I am] sitting on the sidelines, I love cheering my team on,” Clay said. “Being there for them is super gratifying.”

Last season in the first round of the UTSA conference finals, Clay came close to a perfect game, almost breaking a record, with only five errors in the first two or three games. This season, she hopes that as a team, they will reach the top four in their conference.

Clay is confident in her team’s abilities and grateful for the chance to play.

“I couldn’t imagine not being a student athlete. I love the family atmosphere and all the support we get from the staff and the coaches,” Clay said. “I really blessed to have been given the opportunity to play volleyball at the D1 level. I wouldn’t want it any other way.”

Students learn self-motivation through ‘3D Sweat’ class

ALEXA ROTH
Staff Writer
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The Wellness and Recreation Center at the Biscayne Bay Campus offers many fitness classes to students. Varying from yoga to boot camps and classes such as “3D Sweat,” students are able to participate and get fit for free.

Trainer and fitness coach, Daniel Triche, teaches a few of these classes; he has been a personal trainer for five years, and for four years within the FIU community.

Triche says the best thing about being a trainer is “helping people change their lifestyle.”

He started the class, 3D Sweat, as a way to get students together and enjoy a great workout.

“When being in a group setting, I believe I can impact more than one person because it’s a bigger setting, and I get great satisfaction from that,” Triche said.

Sometimes students are intimidated by the name of the class, or just unsure about taking classes to begin with. However, Triche recommends students to take the class to self-motivate and better themselves.

“Students can gain a lot from these classes,” Triche said. “They can learn how to have a better lifestyle, how to push themselves, and how to exercise more efficiently.”

“I love pushing people to their limit and seeing them succeed.”

Daniel Triche
Fitness Trainer
BBC Wellness & Rec

The fitness coach has had students who’ve come to his class for the first time, and they can barely get through the workout. At the end of the semester, however, those same students are looking for more challenges to push them.

“I love the challenge,” Triche said. “I love pushing people to their limit and seeing them succeed.”

Graduate student, Ivan Rodriguez-Pinto, has taken Triche’s classes numerous times, and really likes the way the class is instructed and how energetic Triche is.

“The quality of the workout and the instructor are really great,” Rodriguez-Pinto said. “There is a lot of knowledge and education behind the way he teaches. It is clear that there was a lot of research that has gone into the instruction and preparation for each class.”

Students like Rodriguez-Pinto are pushed to their limits and are making improvements every class.

“Daniel is a welcoming person,” Rodriguez-Pinto said. “He pulls out the best in you, even if you are not sure you can do something, he is always there to help you through it.”

The class is offered weekly at BBC’s Wellness and Recreation Center on Wednesdays at 12 p.m.