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## The Beacon, August 25, 2008

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# THE BEACON

A Forum for Free Student Expression at Florida International University

Vol. 20, Issue 25

[www.fiusm.com](http://www.fiusm.com)

August 25, 2008

## 2008 FOOTBALL PREVIEW PAGES 7-12

# SUMMER OF CUT\$

INDUSTRIAL & SYSTEMS ENGINEERING: 282

EXERCISE SCIENCE ED.: 126

SCIENCE TEACHER ED.: 83

HEALTH INFO. MANAGEMENT: 73



SOCIAL SCIENCE EDUCATION: 57

MATHEMATICS EDUCATION: 49

ENGLISH EDUCATION: 43

MUSIC EDUCATION: 41

HUMANITIES: 30



TECHNOLOGY MANAGEMENT: 13

ENVIRO. URBAN SYSTEMS: 12

GERMAN: 1

HEALTH SCIENCES: N/A



# 853

students affected  
by degree program  
cuts

Enrollment during 2007-2008 academic year.  
Includes students from bachelor's and master's programs.

INFORMATION PROVIDED BY FACULTY SENATE, GRAPHIC BY ISSAC SORIA



## Students adjust lives during financial crunch

DANIELLA BACIGALUPO  
News Director

As students return to school this semester, they'll notice that the University has gotten smaller while classes have gotten larger.

Still reeling from a statewide budget crisis, the University has spent the summer cutting degree programs, research centers and staff, placing enrollment caps and hiking tuition.

For students, however, this has meant changing academic plans from switching majors to pushing back graduation as they adjust to a university trying to

deal with a financial bind and its commitment to students.

"I've had to stop working because the classes that are offered I have to take them at different times throughout the day," said Christina Gonzalez, a junior majoring in elementary education. "I have to take as many classes as I can now because I do not know if next semester they'll be there."

Gonzalez represents the new type of FIU student—one forced to squeeze into overcrowded classes, even with the enrollment caps, or increasingly take online courses, as traditional course offerings disappear.

At the Jun. 12 Board of Trustees meeting, where final budget recommendations were presented, top administration suggested cutting all academic programs by \$26.5 million during a three-year span.

When the BOT approved these recommendations this meant that 23 degree programs would be phased out during the next two years.

This decision has left many students hanging on an academic thread.

While some have chosen to switch majors, others are switching universities.

BUDGET, page 2

[fiusm.com](http://fiusm.com) EXTENDED COVERAGE

### WHAT FINALLY HAPPENED

A special report on the state budget crunch and its effects on the University.

- Video interview with President Maidique;
- student and administrative reactions;
- a breakdown of the budget cuts;
- guide of where FIU's money comes from.

visit [fiusm.com/specials/budgetcuts](http://fiusm.com/specials/budgetcuts)

## Once on top, FIU past donors face healthcare fraud

SERGIO BONILLA  
Asst. News Director

Carlos and Jorge de Céspedes, who agreed to donate \$1 million to FIU Athletics in 2004, were charged in federal court with healthcare-related wire fraud and income tax evasion on July 22.

The brothers, founders of the Pharmed medical supply company, are accused of cheating Kendall Regional Medical Center out of several million dollars in a kickback scheme.

In addition to fraud, they were charged with hiding about \$21 million in income in an unrelated case and evading about \$8 million in taxes. They face up to 25 years in

prison, reported *The Miami Herald* on July 22.

During a July 22 court appearance, they pleaded not guilty and a federal magistrate ordered their release on \$250,000 personal surety bonds.

U.S. Attorney R. Alexander Acosta explained the Céspedes brothers' predicament.

"These individuals had it all - success, money and the admiration of their community. But they tarnished their good names and reputations because they wanted even more than they already had and they wanted it the quick and easy way. As this case shows, the quick and easy way usually leads to jail," Acosta said in a U.S. Department of

Justice news release.

According to the news release, the healthcare fraud charges relate to a kick-back scheme in which Kendall Regional Hospital paid Pharmed \$2.5 million to \$7.5 million worth of goods it never received.

Three hospital employees have already been charged in that case, and attorneys for the three say they are cooperating in the case.

Pharmed's medical supply business had been struggling financially for several years and the company filed for bankruptcy last October. As a result, the company was unable to continue paying the \$1 million it promised to donate to FIU.

The confidential donor agreement made

between Pharmed and FIU noted the company had to pay FIU an unknown amount of money every year.

However, after the bankruptcy, the Pharmed Group was unable to complete the remaining payments.

The University changed the name of its Pharmed Arena to the FIU Arena this April.

"There was an agreement in place and [Pharmed] did not finish paying the amount," Vice President of Community Relations Sandra Gonzalez-Levy said.

Pharmed was established in 1980 and was once one of the largest Hispanic owned

FRAUD, page 4

# Cuts shrink course options, increase class sizes

## BUDGET, page 1

Stephanie Simeon will now head over to Miami-Dade College instead of starting her college career at FIU. She discarded opportunities in Alabama and New York once the FIU's dance program accepted her after auditions.

Then the dance program was cut, too.

"I thought FIU would be the right one and that I could build on the dance program and they could build on me," Simeon said.

Jennifer Diaz, a junior double majoring in psychology and business, spent last Thursday morning buying textbooks at the bookstore for her on-line classes.

For the first time, she's going to have to take half of her semester courses away from the classroom.

"I'm holding two majors so I can pick and choose [classes] from each," Diaz said, "If I had to stick to one, it'd be really bad."

According to Student Government Association's Senator at Large Christopher Ponce, who has been helping out at Freshman Orientation this summer, freshman and transfer students face the same conundrum—no classes to choose from.

This is the case because there aren't any. Art and Art History Department Chair Juan Martinez said the department has been forced to reduce classes by about one-third because of the budget crisis; only 14 art history classes and 29 art classes will be offered this fall.



**SPEAKING UP:** Students protest the budget crisis during the May 22 town hall meeting.

"The impact is that classes are filled to the top. Students just can't get in," Martinez said.

The budget cuts' biggest impact, explained Martinez, is that it has forced him to shrink his department of 15 full-time professors and 25 adjuncts by one-third, resulting in the reduced class offerings.

This close correlation between, on one

hand, budget cuts and reduced faculty, and on the other, number of faculty and class offerings, has been felt in most departments throughout campus.

Cesar Levy, associate dean of academic affairs at the College of Engineering and Computing, said the CEC is undergoing "deep belt-tightening" and it has forced a reduction in classes, an increase in class sizes

and a freeze in hiring adjuncts.

Luckier departments have actually added faculty. The English department, already one of the larger departments in the College of Arts and Sciences, will boast four new professors this year and offer more courses.

However, even with extra classes than last year, class sizes are still higher than the national average.

The department would have to add 30 additional sections to comply with national trends, English department Chair James Sutton said.

"A traditional problem in our classes has long been over-enrollment and high [class] caps," Sutton said. "But because of staff additions if anything, we'll hold the line."

And it's because of these additions that the department has been able to deal with a unique influx of students—a migrating group from the English education major in the College of Education and one of the programs cut over the summer.

Most faculty agree that there is only so much that can be done with a failing budget. Still, fears are rising that making the most of a bad situation is leading to a University that is not only shrinking in size but quality as well.

"We prided ourselves because we had smaller classes than these big time universities, like UF. It had an attraction because there was that interaction with professors," Levy said. "It's harder now."

## \$26.5 million

## 3,000

## \$11.60

## \$1 billion

of budget cuts for academic programs during a three-year span

students unable to come to FIU due to enrollment cap

added per credit to tuition for students with 15 percent tuition hike

needed in state funding to raise State University System to national average

\*Source: Board of Trustees meeting powerpoint presentation June 12, 2008

\*Source: Madique, Miami Herald, Aug 17, 2008

\*Source: CFO Vivian Sanchez, Miami Herald, June 20, 2008

\*Source: Madique, Miami Herald, Aug 17, 2008

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# Professor defends immigrants' rights

**CHRISTOPHER LAZAGA**  
Staff Writer

Immigration and Customs Enforcement, a branch of Homeland Security, conducted a raid on Agriprocessors, Inc., a slaughterhouse and meatpacking plant in Postville, Iowa on May 12. The raid involved nearly 900 agents and resulted in the detainment of approximately 400 illegal immigrants.

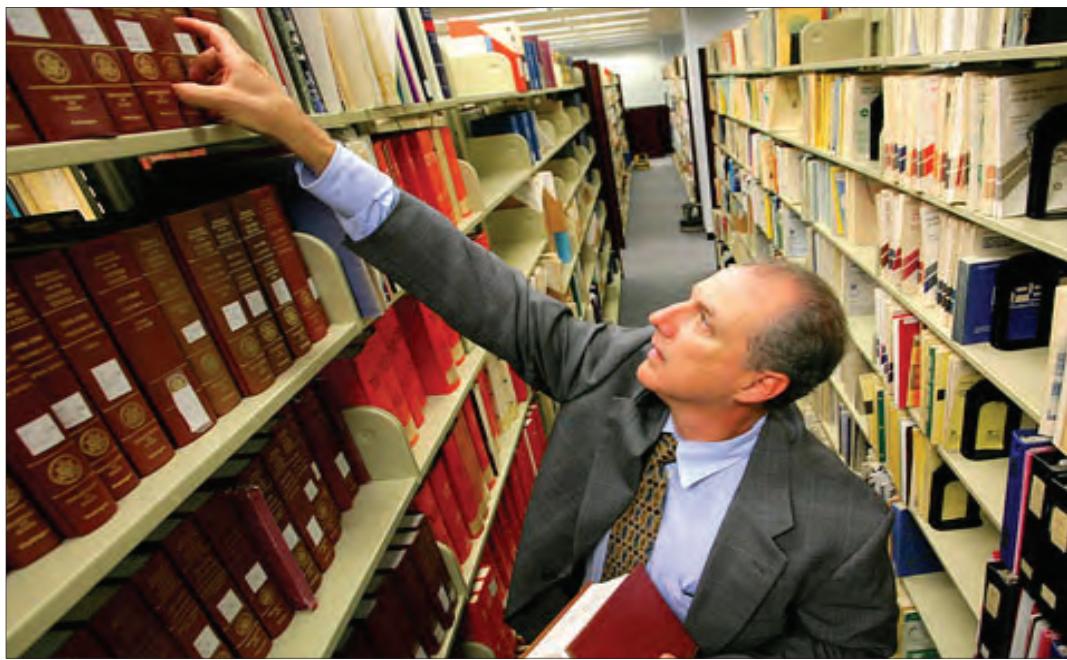
Erik Camayd-Freixas, a certified federal court interpreter and interpreter ethics professor at FIU's Modern Language department, was summoned by court officials to Waterloo, Iowa along with 25 other interpreters to translate for the detainees.

Camayd-Freixas knows courtroom protocol that requires all interpreters to be unbiased, however, it was this particular series of cases that compelled him to write a personal account of what he called the saddest procession he had ever witnessed – and the public would never see it.

After the cases were closed, Camayd-Freixas broke his silence with an essay entitled, "Interpreting After the Largest ICE Raid in U.S. History: A Personal Account." In it, Camayd-Freixas describes his participation in cases against some 300 migrants.

The few who were not criminally charged were swiftly deported. Those who remained faced charges of aggravated identity theft and social security fraud.

The charges against the migrants were set up, Camayd-Freixas said, in a way that trapped the remaining detainees in a catch 22. According to Camayd-Freixas,



ALEX QUESADA/NEW YORK TIMES

**THE INTERPRETER:** Erik Camayd-Freixas, court interpreter and ethics professor at FIU, travelled to Waterloo, Iowa to translate during a court case dealing with a raid of 400 illegal immigrants.

the way it worked was: if a migrant pled guilty to knowingly using an invalid Social Security number, the government would withdraw the identity theft charge and he or she would spend five months in jail, and then be deported without a hearing. If the defendant pled not guilty, he or she would spend six to eight months in jail, awaiting a trial, and risk a two-year prison sentence if found guilty.

"Many people we interviewed had no idea what a Social Security number was or what it was used for," said Camayd-Freixas.

According to Camayd-Freixas, since one of the elements of the charges is knowingly using invalid social security numbers, charging these migrant workers with Social Security fraud or aggravated identity theft seemed awkward.

After detailing his experience

in Waterloo in his essay, on June 13, Camayd-Freixas e-mailed it to a presiding judge and to the other interpreters who participated in the cases.

Many of the interpreters asked his permission to forward the essay to family and friends, which he granted.

Within a week, Camayd-Freixas' inbox was flooded by e-mails requesting permission to further circulate the essay and within two weeks it reached Congress and prompted a congressional investigation. Camayd-Freixas then testified before Congress on July 24.

On July 11, Julia Preston of The New York Times published Camayd-Freixas' story. Two days after the article was published, The New York Times published an Op-Ed column entitled, "The Shame of Postville," which takes a strong

position against the ICE raid, and provides a link to Camayd-Freixas' original essay. "It was like a one-two punch," Camayd-Freixas said.

"Some people may think I am crazy, taking on the system by myself. It's like David and Goliath," Camayd-Freixas' said, but in his recollection, David defeated Goliath with nothing more than a stone. "Yes, but it had to be a stone to the temple, because that stone symbolized truth," Camayd-Freixas said.

Visit the NEWS section for the complete article on Camayd-Freixas' account on the Postville raids.

[www.FIUSM.com](http://www.FIUSM.com)

## Online tuition reduced, more classes offered

**DANIELLA BACIGALUPO**  
News Director

As recent national trends show students flocking to take online courses due to increasing gas prices, FIU students have more reason to migrate online as a new state law has forced the University to lower online tuition fees for the 2008-09 school year.

Previously, FIU's \$299 fee paid for faculty salaries as well as the development and delivery of the University's online courses, said Joyce Elam, vice provost of FIU Online. The new law limits online fees to cover only operational costs.

The law, however, is a small section encompassed in a broad online learning bill that shows a growing statewide interest toward online programs at universities.

"The price of gas will make [online courses] more attractive," Elam said, "but our classes have been full in the past even before the economy went into its tailspin."

For the Fall semester, the reduction translates to a \$199 fee for a three-credit online course, but Elam does not believe the charge ever deterred students considering online classes in the

first place.

Enrollment at FIU has grown exponentially since the program's inception in 1999 and has peaked to 37,000 students in 2007-08, according to Elam.

FIU's numbers reflect a statewide trend. Enrollment in the same period reached a total of

Committee.

Vice President for Academic Affairs Douglas Wartzok, said FIU offers online courses to facilitate the completion of degrees but monitoring academic quality of these courses is crucial to the University and the main reason for creating the committee.

Director of Communications, Bill Edmonds.

"With gas prices alone, even if that wasn't an issue, we would still expect distance learning to continue to grow," Edmonds said. "It's really the convenience of it for some students."

Because of this interest, the BOG is exploring online cost issues and inter-university sharing of technology, but class quality issues need to be dealt with by individual universities, according to Edmonds.

"We are not unaware about that kind of complaint, but I'm not even sure whether [quality fears are] valid or not," Edmonds said.

Nonetheless, Elam expects online enrollment to continue growing.

The FIU community is heavily based on non-traditional students who must balance multiple responsibilities, online options will always be in demand, Elam said.

The reduced fee will force FIU Online to pay its faculty with its \$4 million instructional budget.

Yet, even with its current budget crisis, the University is steadfast in offering online courses if the demand is there, Wartzok said.

**The price of gas will not make [online courses] more attractive but our classes have been full in the past even before the economy went into its tailspin.**

Joyce Elam, Vice Provost  
FIU Online

290,000 students in 10 state universities.

As well as regulating online fees, the still nameless bill establishes the Florida Distance Learning Task Force. The Task Force is mandated to present the Legislature a report recommending statewide guidelines for higher education online learning by March 2009. It will also ensure that online courses comply with accreditation standards, but questions about the quality of online education compared to traditional instruction has propelled FIU's Faculty Senate to set up its own Online Learning

Wartzok explained in an email that contradictory studies leave the quality question unanswered.

He assured, "[FIU] gives a lot of attention to quality of presentation and meeting student learning objectives."

At the state level, the State University System is looking to expand and improve online offerings by integrating programs from different universities. Programs like Orange Grove, a digital collection of education resources that are shared by Florida educators, said the Board of Governors'

# Emergency text messages put to the test

**ANDREW CALIENES**  
Contributing Writer

Florida's light brush with Tropical Storm Fay provided the University with the first run of its emergency text messaging system.

The system, offered to FIU by Miami-Dade for free, sent text messages notifying the University of updates to school operations and informed them of the University's reopening on Wednesday, Aug. 28.

FIU officials hope that this new system will dispel the usual mass confusion experienced during a hurricane threat and help save lives in a Virginia Tech-like tragedy.

Students and faculty must sign up to receive text messaging alerts that emergency officials - including key officials in campus police, media relations and residential housing - say will send out mass text messages at a moments notice.

"This system is more efficient than other means of communication like e-mail alerts," said Maydel Santana-Bravo, director of media relations. "The e-mail alerts take about four hours to send where, in the case of text messages, it takes only minutes, which could help save countless lives and hours of confusion."

Although the system is more efficient and helpful in crisis situations, it does not allow for two-way communication between the recipient of an alert and emergency officials, according to Santana-Bravo.

Santana-Bravo also said that when Miami-Dade County acquired this new technology, it offered it to schools in the county.

The University decided to partner with Miami-Dade in order to enhance the emergency response system currently in place.

"I think it's great that administrators are taking campus safety seriously," said Felix Rodriguez, a sophomore majoring in management and information systems. "It shows that [the University is] apparently taking all the steps it can to make sure [the University] is safe."

The text messaging system is not the only thing FIU has installed in order to promote its campus-wide safety initiative.

At the start of the Fall 2007 semester, the University began installing an emergency telephone in every classroom on campus. According to the Office of Media Relations, 207 classrooms at University Park are outfitted with the emergency telephone system.

External speakers have also been added to the Graham Center in order to broadcast vital emergency information to those who could be between classes.

The old methods of emergency notifications, such as e-mail, are still continually used although not as a major conduit for information, Santana-Bravo said.

"The e-mail system usually takes about four hours to send, from the first person to the last on the list. So, naturally we are only using that system for things like additional information that is not very time-sensitive," Santana-Bravo said.

## CORRECTION

In the issue dated July 23, the editorial incorrectly stated that teacher evaluations are controlled by deans and not readily available to students. They are released by the Office of Planning and Institutional Effectiveness and available at [http://w3.fiu.edu/iridata/portal/instructor\\_eval.asp](http://w3.fiu.edu/iridata/portal/instructor_eval.asp). The Beacon will gladly change any errors. Call our UP office at 305-348-2709 or BBC at 305-919-4722.

## Pharmed Group Timeline

Wyeth Pharmaceuticals sue. Settle out of court.

1987

1999

AmerisourceBergen sue for \$1.2 million. Settle out of court.

2004

Johnson & Johnson stop supplying. Accuse company of "unjust enrichment."

2005

Roche Healthcare stop supplying. Causes loss of \$300 million in revenue.

Commissioner Jose Diaz orders Jackson Memorial Hospital to give Pharmed Group preference.

2006

2008

Brothers charged with hiding \$21 million and evading \$8 million in taxes.

COMPILED BY SERGIO BONILLA

## Pharmed immersed in controversy

### FRAUD, page 1

businesses in the country.

Gonzalez-Levy said the Pharmed Group's recent legal issues occurred years after it made the donation to FIU, but before the recent allegations, the company was involved in a series of legal controversies.

In 1987, Wyeth Pharmaceuticals sued the brothers over allegations of improperly obtaining drug discounts. The case was settled out of court in a confidential agreement, *The Miami Herald* reported on Feb. 3.

The next company to sue the Pharmed Group was AmerisourceBergen. In 1999, AmerisourceBergen, a large medical supply wholesaler, sued the company for over \$1.2 million

worth of shipped goods. That case, too, was settled out of court, the same February article stated. Following the two lawsuits, Pharmed's legal issues began affecting its business interests.

Roche Healthcare, the company's largest supplier, abruptly stopped using Pharmed in 2004.

That resulted in a drop of \$300 million in annual revenue for Pharmed.

In January 2005, four months after the donation to FIU, Johnson & Johnson stopped providing its supplies to Pharmed and accused the company of "unjust enrichment" in collecting \$22 million in rebates to which they were not entitled, according to the same article.

Their dispute went to arbitration but the results were not revealed.

Questionable ethical practices with a state official followed.

In 2006, with the company struggling financially, Commissioner Jose Diaz co-sponsored an ordinance requiring Jackson Memorial Hospital to give preference to local suppliers, including the Pharmed Group.

Jackson administrators said the ordinance gave no new edge to Diaz's private employers, the Pharmed Group founders.

Because the policy favored the Pharmed Group along with other local suppliers, Commissioner Diaz was not breaking the law, the same article noted.

The most recent charges began when Hospital Corporation of America, owner of Kendall Regional Medical Center, launched its lawsuit in 2007.

## University loses racial discrimination case

### DANIELLA BACIGALUPO

News Director

University President Modesto A. Maidique reaffirmed the University's commitment to diversity in a July 24 newsletter – just six days after a Miami-Dade jury ruled against FIU in a discrimination lawsuit.

The jury ordered the University to pay former employee Sean St. Louis \$2.5 million for racial discrimination during the Contracts and Grants department's dismantlement in 2004.

In 2003, the University had undergone several federal audits investigating the misappropriation of federal grant money in the Hemispheric Center for Environmental Technologies.

Evidence of mismanagement at high administration levels led to drastic changes in the makeup of the accounting section.

The University created new offices and positions, including the hiring of a chief financial officer, reorganized departments and dismantled others and fired at least 20 HCET employees, according to a *Miami Herald* article published on Aug. 15, 2005.

Maidique's weekly newsletter stated the case had been

previously presented to the state's Equal Employment Opportunity Commission and a court-appointed arbitrator, both of which found no evidence of discrimination.

The July 18 verdict, however, cites race as a "motivating factor" in the University's decision not to rehire St. Louis after the Contracts and Grants department's employees were fired and offered the chance to reapply for new positions. None of the former employees currently work at FIU.

The department at which St. Louis worked as associate controller had predominantly black employees as well as one white and one Hispanic employee, according to Erika Deustch Rotbart, St. Louis' lawyer.

"We take allegations of this nature very seriously," Maidique said in a statement responding to the verdict. "The University plans to appeal the decision."

Visit the NEWS section of our Web site for more coverage on the discrimination case.

[www.FIUSM.com](http://www.FIUSM.com)



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## STORM SURGE



NATHAN VALENTINE/THE BEACON

**TRASHED:** Tropical Storm Fay's storm surge washed trash and debris onto the Biscayne Bay Campus shorelines. The storm made landfall in the Florida Keys during the early morning hours of Aug. 19 and continued on a north by north-east track throughout the day.

## From student to student

### Campus hot spots fulfill your needs

**KISHORE SAWH**  
Staff Writer

It's back to school time and Biscayne Bay Campus opens its doors to welcome new faces as well as old ones.

"Starting off the school year can be a bit daunting," said Daniela Aking, an engineering major.

That's why below you will find a list acquired from a few student, staff and alumni voices to help you stride a bit more smoothly through the information jungle that is university life at BBC.

#### BEST PLACES TO MEET NEW PEOPLE:

"The best place to meet new people is at On Point Poetry club gatherings and in the Wolfe University Center. OPP is known for its black history show, but members meet twice a semester."

"Everyone is really friendly and smart," said Kertus M. Tous, OPP president.

Orientation is another place to meet bright, new faces, as well as some more

seasoned Golden Panthers.

"Go to freshman orientation. You can meet new young people every semester," said Andrew Lyman, a graduate student majoring in hospitality management.

#### BEST PLACES TO STUDY:

"I like to study in the library. I just go into one of those empty cubicles, open my books and maybe even sleep," said Lorraine Henderson, a freshman majoring in business marketing.

Other quiet places on campus include various study lounges.

"I study in the study lounge in room 245 of WUC. It's quiet and people respect that. And not much exterior sound comes through. I like that," said Kertus M. Tous, a senior majoring in sociology and finance.

Other suggestions include the of outside of the hospitality management building by the bay and in the swinging chairs outside the library.

#### BEST PLACES TO PICK UP WI-FI:

"I always pick up good Wi-Fi signal anywhere around the HM building," said Marcello Paciotti, a senior majoring in hospitality management.

#### BEST PLACES TO NAP:

"At the back of WUC by the piano is [good] to take a nap in the big chairs," said Ryan Jagessar, a resident advisor at the Bay Vista dorms.

"In the library in one of the cubicles or empty rooms upstairs if they are empty," said Stephanie Popko, hospitality management senior.

#### BEST THINGS ABOUT BBC

"It's all in the name: Biscayne Bay. It's right on the water with nice views. I mean, I kayaked behind here last weekend. How cool is that for college?" Lyman said.

"It's so convenient. You can find close parking, unlike UP, and can meet up with everyone you know. It's way more of a family environment," Paciotti said.

## New SGC-BBC agenda set for year

**BARBARA QUIJANO**  
Contributing Writer

The Biscayne Bay Campus Student Government Council goals for the 2008-2009 school year aim "to reach for the impossible," according to President Ana Maria Silva.

The goals were revealed at the SGC-BBC school year kickoff meeting on Aug. 6 by Silva and Kenasha Paul, SGC-BBC vice president. The meeting was meant to formally introduce the student council officers and help them get to know with the faculty and staff through small discussions, games and food.

The ten issues that received the most concern at the meeting and were chosen as the SGC-BBC 2008-2009 detailed goals, were:

- Addressing academic issues through surveys
- Increasing student communication with deans
- Providing links to access advising and a learning center for tutors
- Increasing campus security at BBC and Pines
- Ensuring better lighting and marketing public safety
- Improving library policies
- Making more rooms available for graduate and undergraduate students
- Executing a beautification project at BBC
- Improving business services at BBC, such as providing students access to the copy room, implementing customer service surveys, extending hours for the C-store on campus and adding more food and groceries
- Launching a two week SGA marketing campaign, to include going to specific colleges, visiting classrooms and attending orientations

- Addressing parking and transportation issues, providing a CATS shuttle bus from BBC to Pines
- Supporting environmental programs at BBC, applying for energy grants, supporting the "Go Green" initiatives on campus
- Instituting a successful SGA intern program, ensuring council-wide engagement
- Ensuring student input on WUC space allocations through surveys.

SGC-BBC also aims to extend the new football ticket voucher system for UP and BBC. The system consists of tickets for the first football game of the year, given to students at Welcome Week.

Another goal is the completion of the BBC pool renovations. The pool is slated to reopen this Fall semester although a specific date has yet to be named.

"All of the repairs are coming out of the university wide reserve account ... the amount of money left from every fiscal year, approximately \$1 million for repair here at BBC," Silva said.

All of the repairs are coming out of the university wide reserve account... the amount of money left from every fiscal year, approximately \$1 million for [pool] repair here at BBC.

Ana Silva, President SGC-BBC

## Highly-awaited cafeteria brings new food, variety

**PAMELA DUQUE**  
BBC Life! Editor

After an estimated \$1.5 million in costs, the new cafeteria at the Biscayne Bay Campus will open its doors Sept. 29, according to Mike Oestreich, Dining Services marketing manager.

The new facility will accommodate 300 people and offer an extended schedule past 5 p.m., according to Madeline Baro, assistant director of Media Relations.

It will be located at the intersection of Academic 1 and the entrance to Wolfe University Center room 170-175.

"We are really looking forward to the opening of the new facility," said Cathy Akens, assistant vice-president of Student Affairs. "We think that it's going to provide a different menu to our students, faculty and staff in our campus."

The new facility will offer students a different menu with

Student Affairs hopes to develop multipurpose student meeting rooms and a student recreation/game room [at the location of the current cafeteria].

Madeline Baro, Assistant Director  
Media Relations

three new concepts: Bleeker St., Moe's Southwest Grill and Grill Works, which is familiar to the FIU community as one of the current locations at the existing cafeteria.

Bleeker St. will provide students with a variety of

choices including sandwiches like California turkey, tarragon roast beef and tuna. More select sandwiches have ingredients like hummus, feta cheese and Portobello mushrooms, and fresh garden salads.

Current locations at the existing cafeteria – Subway, Grill Works, Home Zone, Bene Pizza and Salad Garden – will be replaced by the three new ones.

The new facility will also offer cupcakes, cookies and pastries including danish and scones.

Starbucks Coffee will not be available at the new location, but coffee and other bottled beverages will still be offered.

For training purposes, the

current cafeteria will close mid-afternoon beginning Sept. 15, according to Akens.

Until the opening date, students and staff can use the existing food court.

This space will eventually become a student lounge, according to Baro.

"Student Affairs hopes to develop multipurpose student meeting rooms and a student recreation/game room [at the location of the current cafeteria]," Baro said in an e-mail interview.

# Coffee, snacks at SOC club fair

**VALERIE MULL**  
Contributing Writer

To jump start the beginning of the Fall term, FIU welcomes students to attend two free events at Biscayne Bay Campus on Sept. 8.

The Club Fair and the Late Day Latte are open to all students and professors interested in either just a cup of coffee or in joining different clubs that fit their interests.

At the Club Fair, which is sponsored by the Student Organization Council, clubs and organizations will provide material and feedback about their associations and interests and recruit students to join them.

"Students will be networking with each other and getting involved," said Ivy Siegel, coordinator of Campus Life.

The Late Day Latte is being sponsored by Campus Life and it is a chance for the evening students to kick back and have a break and a little snack, according to Sarah David, office manager of Campus Life.

"It's for students who have late classes. They complain that during our day events they're only here in the evenings, so that's why we did it," David said. "It's the kind of event where you can go after class or before class. It's a great way to relieve stress."

According to David, coffee, juice and cookies will be provided.

"[The events are] an ongoing thing. We actually have four dates for fall and we've done this for the past two years," David said.

According to Siegel, these events are expected to have a good turnout.

"We usually have about 100 people stop by the Late Day Latte," Siegel said.

Both events will be held in Panther Square from 4:30 to 6:30 p.m.

For any questions or additional information please contact Ivy Siegel at (305) -919-5823.

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# Services for personal development offered

**RENE BOURSIQUOT, JR.**  
Contributing Writer

## ACADEMIC ADVISING CENTER

The FIU Academic Advising Center provides a myriad of services designed to provide students with specialized guidance in outlining curriculum requirements, developing plans of study and facilitating a smooth transition into any of the academic programs.

The Academic Advising Center is located at the Biscayne Bay Campus in Academic Center One, room 180. Call (305) 919-5754 or e-mail [advctr@fiu.edu](mailto:advctr@fiu.edu) for more information.

## CAMPUS RECREATION

FIU provides students with recreational opportunities ranging from flag

football, to water polo and kayaking. BBC's Recreation Complex is a 70,000 square ft. fitness and aquatic facility, equipped with an aerobics studio that offers group fitness classes, yoga, massages and dance instruction.

All currently enrolled students are automatically Campus Recreation members and may attend classes free of charge.

Campus Recreation is located in the WUC, room 160.

Call (305) 919-5678 or e-mail [bbcrec@fiu.edu](mailto:bbcrec@fiu.edu) for more information.

## CAMPUS LIFE

Located in WUC 141, Campus Life focuses on enhancing students' academic achievement through participation in a variety of FIU associations.

There are many areas in which students may choose to become in-

volved, including Fraternity & Sorority Life, Homecoming Council, Honors Council, Student Government Council, Multifaith Council, Panther Rage, Student Organizations Council and Student Programming Council.

For more information, contact Campus Life at (305) 919-5804 or e-mail at [bhc-clo@fiu.edu](mailto:bhc-clo@fiu.edu).

## DISABILITY RESOURCE CENTER

The Disability Resource Center arranges accommodations for students with disabilities.

These may include the use of a note taker, laboratory assistance, course materials in alternative formats, reduced course load, or possibly examination-related accommodations such as extended time or a distraction-reduced environment.

The center is located in the WUC

131. For additional information, call (305) 919-5345 or e-mail [drccb@fiu.edu](mailto:drccb@fiu.edu).

## FINANCIAL AID

A Financial Aid Administrator is available to assist students with financial aid concerns.

Assistance is available on a walk-in basis to answer general questions, distribute & accept application materials, and provide information concerning application procedures and general program requirements.

Located in AC1 100, the Financial Aid Office is open Monday, Thursday, and Friday from 8 a.m. to 5 p.m., and Tuesday & Wednesday from 8 a.m. to 7 p.m.

A Financial Aid administrator can be contacted by telephone at (305) 919-5750, or by fax at (305) 919-5403.

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## FOOTBALL PREVIEW

AUGUST 25, 2008



**COMMENTARY**

## Big time coordinator brings Big Ten experience to FIU

**LUCA MESSINA**  
Asst. Sports Director

When Bill Legg was hired as offensive coordinator in March, FIU immediately made a substantial improvement to its offense, at least from an experience standpoint.

Two things became evident: the offensive scheme needed revamping, and we needed a coach with experience at a big time program.

Bill Legg has got it. A veteran of big-time programs since he began his career on the sidelines at his alma-mater, West Virginia University in 1986, this hiring is the equivalent of a hailmary for FIU. Let's face it: offensive coordinator James Coley just didn't cut it for the Golden Panthers in his one year at the position.

Granted, he had a team full of freshmen and sophomores last year, but his offense still ranked last in every statistical category in the Sun Belt Conference except rushing offense and that was ranked 7th out of 8th.

Without turning Coley into a lame duck, Bill Legg guided Purdue as their offensive coordinator in 2006 and 2007 and achieved polar opposite results. In his two years at Purdue, the Boilermakers led the Big Ten in total offense and several other offensive categories as well. This is the kind of experience that coach Mario Cristobal embraces.

"Coach Legg is a veteran who brings a wealth of knowledge and experience with him," Cristobal said. "He is a great

**MESSINA, page 12**

2008  
FOOTBALL SCHEDULE

@ KANSAS	AUGUST 30TH	7 PM
@ IOWA	SEPTEMBER 6TH	12 PM
SOUTH FLORIDA	SEPTEMBER 20TH	7 PM
@ TOLEDO	SEPTEMBER 20TH	7 PM
@ NORTH TEXAS	OCTOBER 4TH	7 PM
MIDDLE TENNESSEE	OCTOBER 11TH	7 PM
@ TROY	OCTOBER 18TH	7 PM
@ LOUISIANA-LAFAYETTE	NOVEMBER 1ST	5 PM
ARKANSAS STATE	NOVEMBER 8TH	7 PM
LOUISIANA AT MONROE	NOVEMBER 22ND	7 PM
@ FAU (DOLPHIN STADIUM)	NOVEMBER 29TH	4 PM
WESTERN KENTUCKY	DECEMBER 6TH	7 PM

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# BRUIISING BACK

## Reams looks to silence doubters, show full potential this season

**JONATHAN RAMOS**  
Asst. Sports Director

As the football team continued to play during a scrimmage at University Park on August 12, something stood out in the midst the typical hot and humid summer day in South Miami. Something was different on an offense that otherwise was dominated for most of the scrimmage, and most of training camp, for that matter.

During the 10th rushing play of the day, senior running back Julian Reams was on his way to being taken down by a throng of Golden Panther defenders. As Reams received a toss to the right and was met by a swarm of white jerseys, he proceeded to reverse his course to the left and turn the play into a 54-yard display of power and speed.

Something looked different in Reams game in comparison to past seasons.

"He looks more aggressive," cornerback Anthony Gaitor said. "He's more explosive now when he runs, and he runs physically and hard."

### POTENTIAL

Entering his last season, a sense of urgency has overcome Reams.

"Coaches would ask me one-on-one what I want to improve on and I said everything, because from my freshman year with the media here it's always been a potential thing," Reams said. "But now I'm in my last year, so when is the potential going to show?"

Reams used that motivation to increase his focus during the offseason, and use it during pre-season workouts.

"I was just more focused this offseason, be-

cause last offseason my son was born so my head was somewhere else, I was in the real world," Reams said. "Now I'm back and I'm focused."

Though his mind was on the newest member of the Reams family, he decided he wanted to block out all distractions entering this summer and prepare for a breakout season.

Reams' father, Alexander Reams, takes a more quiet approach from the sideline and lets the coaches do the football work, but as Julian's main supporter he has seen the change. Although not too much of his routine has been different, he has been more steadfast in his devotion.

"He's always been committed and done what's asked of him, but his weight program has picked up and he's been very intense about that," his father said. "A big motivating factor was also not to get too far out of shape."

Reams' weight and strength have been a common topic among those close to the team.

"I am not lifting the most as far as the heaviest, but I am doing the most reps, and also this is the heaviest I have ever been in camp and the weight is consistent," Reams said. "We do reps in 225 pounds see how many times we can do it. I can do like 15 right now."

With added weight and confidence, Reams' talents have made significant gains from his junior to senior season.

"He learned that once the hole opens he has to go, and he's more advanced now where he gets the ball and goes to make a big play," Gaitor said.

Reams agreed.

"I am just reading plays better, and I'm reacting quicker than I usually do," he said. "I did the same things before but I wasn't able to react



FERNANDO GARCIA/BEACON ARCHIVE PHOTO

**PUNISHING RUNNER:** Senior running back Julian Reams barrels through a Troy defender during a game last season. He finished with 274 yards last season.

as well, and again that goes to the offseason I had."

The dreadlocked Reams, who is 79 yards away from 1,000 on his career, is also showcasing a new aspect of his game. During the last scrimmage of the offseason on August 16th, he showed it.

### VOCAL

While Reams continued his impressive training camp with 35 yards on eight touches throughout, the offense had to do a few drills afterward once they lost to the defense. The senior yelled a few encouraging words to his teammates during the punishment, something the naturally humble Reams might do more often.

"I try to be a leader, but sometimes they say that it's selfish if you say you're a leader but you never say anything," he said. "I'm trying to be more vocal rather than just lead by example be-

cause sometimes that's just what it takes."

Reams was taught by his father to stay grounded, but knows it might be necessary to be more vocal.

"I always tell him not to get too high with the highs or too low with the lows, keep an even keel so everything works out, and he's taken it and gone with it like that," his father said. "Because that's the way it should be."

Reams said he wouldn't be a typical sideline screamer, but he will do what it takes to make his mark at FIU during his last season.

"Our expectations are real high for this year as far as running backs, we are trying to be leaders, and me and A'mod [Ned] are both trying to get a stack this year, which is 1,000 yards."

Regardless of numbers, Reams just wants to clarify one thing.

"I just don't want people to think it was just a potential thing that never came out," he said.

## Golden Panthers ditch old uniforms for new threads

**JONAHNTAN RAMOS**  
Asst. Sports Director

Before FIU switched to their new jerseys for the 2008 football season, reviews among the players were not very favorable for the old ones. In fact, a few players would have even preferred their high school duds.

Senior running back

Julian Reams, a graduate from Coral Reef senior high, said he would take his prep jersey. Cornerback Anthony Gaitor, member of the 2006 class from Northwestern High, stated he would also take his high school uniform.

Even those who didn't even have a chance to wear the 2007 uniform, and saw it from a distance, noticed

that it needed improvement. Freshmen defensive players from Booker T High, Jonathan Jackson and Kamriel Willis, both believed that their prep outfit was better.

"Booker T jerseys, it has to be," they echoed when asked which uniform they liked more.

Coming into the season with a new uniform, now

the player's couldn't ask for better.

"They are much better than last year, last year they were loose, but these are tight," Gaitor said with a smile a yard wide. "We can compete with the jerseys now."

Jackson believes the tighter fit of the new uniform is an advantage on the field.

"Yea they fit like under armor right now," Jackson said. "They won't be able to hold us, they're real swift."

The new uniforms display the new FIU logo, and will feature the player names on the back as the past ones did. In addition, the design is different and features a line down the side of the pants, as well as lines on the shoulders.

Gaitor believes the change has put them in among the top of the NCAA in the look department.

"We should be," he said. "In the top 10."

Visit our Web site for more photo gallery of the football uniforms.

[www.FIUSM.com](http://www.FIUSM.com)

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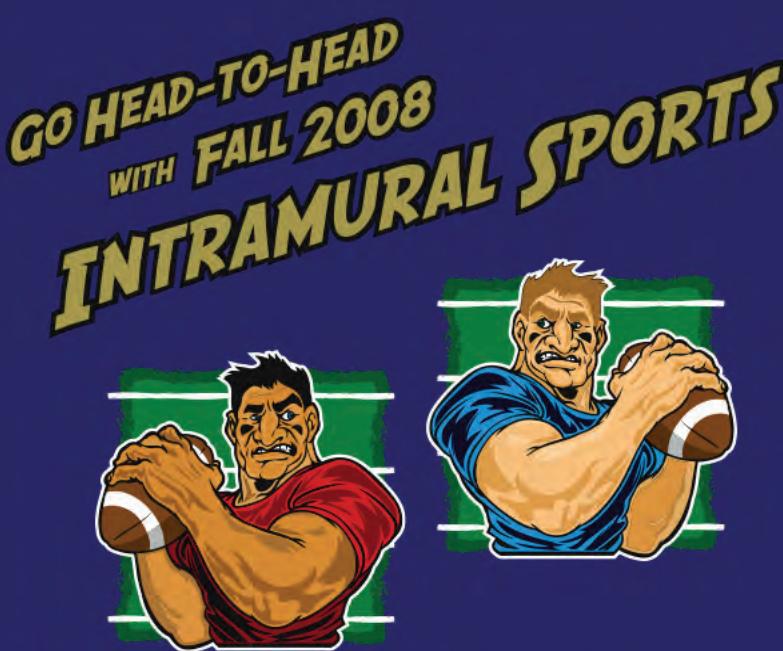
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TEAM SPORTS	ENTRY DEADLINE	CAPTAINS' MEETING	BEGINS
Softball League	Weds., Sept. 3	Thurs., Sept. 4, 5pm	Sun., Sept. 7
Flag Football League	Weds., Sept. 10	Thurs., Sept. 11, 5pm	Mon., Sept. 15
Volleyball League	Weds., Sept. 24	Thurs., Sept. 25, 5pm	Tues., Sept. 29
Indoor Soccer League	Weds., Oct. 1	Thurs., Oct. 2, 5pm	Mon., Oct. 8

TOURNAMENTS	ENTRY DEADLINE	CAPTAINS' MEETING	BEGINS
Dodgeball	Weds., Sept. 10	Thurs., Sept. 11, 6pm	Weds., Sept. 17
Tennis	Weds., Oct. 8	Schedule out Oct. 10	Fri., Oct. 10
3-on-3 Basketball	Weds., Nov. 19	Thurs., Nov. 20, 5pm	Mon., Nov. 29
HotShots Basketball	Tues., Dec. 2	Walk-up entries, 6pm	Tues., Dec. 2
Free Throw ShootOut	Weds., Dec. 3	Walk-up entries, 6pm	Weds., Dec. 3
NCAA Football Bowl Challenge	Fri., Dec. 12	N/A	Fri., Dec. 12

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## Whitewater Rafting and Caving in West Virginia



**TRIP DATES:** Thursday, Sept. 25 - Sunday, Sept. 28

**REGISTRATION BEGINS:** Monday, August 25

**REGISTRATION DEADLINE:** Wednesday, Sept. 17, 5:00pm, RC 103  
(Monday, Sept. 8 for earlybird rate)

**COST:** \$325 FIU students / \$350 Non-students (\$25 discount for earlybird registration)

**INCLUDES:** Round-trip bus, 3-night lodging at Microtel Inn & Suites, rafting & equipment, lunch on the river, and cavern tour.

**MAXIMUM # OF PARTICIPANTS:** 50

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**Other Recreation Services Adventure Recreation Trips for Fall 2008:**

- Miami Dolphins Game (vs. San Diego Chargers on Sun., Oct. 5)
- Kayaking on the Bay (TBA) • Indoor Rock Climbing (TBA)

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### FALL 2008 CLINIC DATES

- Softball: Sept. 2 - 4, 6 - 8pm or 8 - 10pm, Rec Center (RC) 102
- Flag Football: Sept. 9 - 11, 6 - 8pm or 8 - 10pm, RC 102
- Volleyball: Sept. 23 - 25, 6 - 8pm or 8 - 10pm, RC 102
- Indoor Soccer: Sept. 30 - Oct. 2, 6 - 8pm or 8 - 10pm, RC 102

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# CRISTOBAL BRINGS THE HITS



## DEFENSE

**ANDREW JULIAN**  
Sports Director

### DEFENSIVE LINE

Undersized on the defensive line last season, the Golden Panthers finished 105th in the nation in run defense.

Jones Murrell at six-feet-two inches, 340 pounds, will add bulk to that line as they try to improve on their run defense that finished seventh in yards per carry allowed (5.1 YPA) in the Sun Belt Conference.

Joining Murrell on the inside will be seniors Jarvis Penerton and Jonathan Betancourt. Penerton saw action at tackle and defensive end a year ago and should add quickness to the interior defensive line, while Betancourt, who started five out of the final six games last season, finished second on the defensive line with 25 tackles.

Daniel Chacreton, a fifth-year senior, who played through a host of injuries a year ago, will add depth at tackle.

On the ends, Junior Artis Warthen moved from outside linebacker to the defensive line to try to add some life to the pass rush. He'll be joined by a score of players who are trying to bring FIU back to the top of the nation in tackles for loss, which they led the nation in 2006.

After leading the team with sacks last season, three, Reggie Jones will see time at right and left

defensive end.

Leading the way opposite Warthen will be Quentin Newman, who bounced back from leg injuries that forced him to miss the majority of the '05 season and all of the '06 campaign to record 10 tackles and 2.5 tackles for loss. Freshman Kambriel Willis, who led Florida as a prep senior in sacks with 28, has been stellar in camp, and will challenge for immediate playing time, despite being only 6 feet tall and 215 pounds.

Ricky Booker, a redshirt freshman who excelled on the scout team, is a big option on the outside, at 6'3" and nearly 260 pounds..

### LINEBACKERS

Scott Bryant earned All-Sun Belt Conference honorable mention, after leading FIU with 91 tackles from the strong side. The 5-foot-11 junior recorded six tackles for loss, a sack and a forced fumble.

The Golden Panthers have several options at middle linebacker and at weak side linebacker starting with Tyler Clawson and Toronto Smith.

Clawson excelled on special teams last year and made terrific strides to move to the top of the depth chart.

Toronto Smith, who coach Mario Cristobal calls "a very smart, and complete football player" walked on a year ago, and made an immediate impact, leading the Golden Panther's in tackles for loss, with seven.

According to the coaching staff, speed rules on the weak side with Mike Dominguez, who ranked second on the Golden Panthers with 66 tackles, and Ryan Martinez who made 53 stops in '07.

### DEFENSIVE BACKS

The strength of the defense should be its secondary, because of experience and athleticism returning to the unit, despite the departure of former All-Sun Belt performer Lionell Singleton. Anthony Gaitor returns, this year as FIU's top cover corner, he led the team with a pair of interceptions last year to go along with 56 tackles. Robert Mitchell (39 tackles, one forced fumble), who has impressed coaches with his ability to defend the run during fall practice, has moved into contention for other cornerback position, since recovering from a leg injury that limited him to only six contests a year ago, with Dez Johnson who played in all 12 games last season and made 47 tackles.

At the safety, Jeremiah Weatherspoon returns after redshirting in '07. At 6-foot-2 and nearly 220 pound, the junior possesses excellent speed and field awareness. Ashlyn Parker, a converted wide receiver, made 56 tackles last year, and was an All Conference Honorable mention performer last season. Marshall McDuffie, a senior, who like Weatherspoon, red-shirted last year, returns and brings great size (at 6-feet-2, 210 pounds) and versatility to play both safety positions. Kreg Brown started two games, and will see action at free safety.

**LUCA MESSINA**  
Asst. Sports Director

### QUARTERBACK

Another year, another quarterback battle that has seen junior Paul McCall come out the winner in a neck-and-neck competition with sophomore Wayne Younger, who started all but one game last year.

Both Younger and McCall once again battled till the end for the starting job but don't be surprised if Younger quite often relieves McCall in certain game situations.

McCall, an intelligent player with a decent arm, is more relaxed in the pocket. He was behind the center in the final game of last season, the game in which FIU defeated North Texas 38-19 to record not only their first win of the season but their first in the Football Bowl Subdivision. In the victory, which was his only start of 2007, he was 11-for-19 with 228 yards, three touchdowns and no interceptions.

By contrast, Younger, who has completely recovered from a broken collarbone that ended his season in the second-to-last game last year, is up for the challenge that big-time games bring.

Sophomore Trenard Turner will mostly likely be the fullback as the speedster had 12 receptions for 1,357 yards with 9 touchdowns, he finished second on the team in rushing with 536 net yards. The only glaring blemish on an otherwise mediocre season

## OFFENSE

for the sophomore was his 17 interceptions.

New offensive coordinator Bill Legg has two different styled quarterbacks with experience to work with, and it will be intriguing to see how both respond to Legg's version of the spread offense.

### RUNNING BACKS

Using a two-back system -- the new trend in college football -- is what Cristobal prefers as seniors Julian Reams and A'mod Ned will see a bulk of the carries.

Reams, with arguably the best training camp performance of any offensive player, is determined to improve upon last year's numbers. He finished with 274 yards on 82 carries with two touchdowns. The senior is 79 rushing yards away from 1,000 for his collegiate career.

Ned led the team in rushing for the second-straight year with 581 yards on 143 carries, which was also the fourth-best single-season rushing total in FIU history. He also had two rushing touchdowns and a receiving touchdown last year against FAU.

While Reams has impressed the coaching staff, Cristobal has faith in Ned and knows that the senior is up for the challenge that big-time games bring.

Sophomore Trenard Turner will mostly likely be the fullback as the speedster had 12 receptions for 261 yards with touchdowns.

### WIDE RECEIVERS

While the Golden Panthers are experienced at running back, this position includes mostly underclassmen.

Junior Jeremy Dickens will look to stay healthy this season as he missed five games last season due to injury but still finished third on the team with 16 receptions with 218 yards and three touchdowns.

Fellow junior Reggie Thompson, who played in eight games last year mostly on special teams, will look for more playing time this year. He had two receptions for 27 yards with a touchdown in limited time at the position.

Sophomore Greg Ellingson ranked second in receptions (19) but led FIU in receiving yards with 304 yards and two touchdowns.

Jason Frierson led the team in receptions with 21 and had 190 yards but no touchdowns. The sophomore and Ellingson could eventually emerge as the go-to-guys once the season progresses.

Keep an eye on sophomore Marquis Rolle: he had two receptions for 41 yards and a touchdown.

### OFFENSIVE LINE/TIGHT ENDS

The offensive line consisted of mostly sophomores and juniors thus FIU ranking last in all but one offensive category came as no surprise. This year o-line coach Bill Laffere hopes his group is a year older and a year stronger. New strength and conditioning coach Roderick Moore worked the group real hard during the off-season so they is inexperienced but has potential.

should be bigger and stronger. Sophomore center Brad Serini is a lineman to look out for as he was named a nominee for the Rimington Trophy in the preseason, an award that recognizes the best collegiate center.

The tight end position is more experienced as senior Eric Kirchenberg is expected to start the first opener. Freshman Joey Harris and senior Moses Hinton will contend for time as well. Hinton first must overcome the NCAA if he is going to see the field as he is battling eligibility issues.

### SPECIAL TEAMS

The loss of Lionell Singleton will hurt on kickoff and punt returns as the former cornerback was second in the Sun Belt Conference for both categories. This leaves special teams coach Apollo Wright left to platoon the openings that have now been created.

Sophomores Anthony Gaitor and Greg Ellingson are candidates to return punts while junior Jeremiah Weatherspoon and senior Julian Reams could return kickoffs.

Carlos Munera replaces the departed Chris Abed and Chris Cook as the kicker and junior Dustin Rivest will challenge him once he can overcome back problems that have plagued him all training camp. The area must improve if both the offense and defense plan on being better. The unit is inexperienced but has potential.

# Linebacker may not look the part, but plays it

**JONATHAN ALPERT**  
Staff Writer

Scott Bryant may not look like a linebacker, but when running backs feel one of his bruising hits at the line of scrimmage, the pain changes their mind.

The true sophomore has a contagious smile that livens up the locker room. However, once the shoulder pads are slipped on, helmet is strapped, and bodies start flying, his attitude changes.

That's the surprise. One of the least physically intimidating players off the field is one of the most ferocious on it. The 5-foot-11, 205-

pounder led the team with 91 tackles last year.

"I'm all about one thing on the field, I'm about winning, because we don't practice just to practice, I'll go out to eat with the guys, talk to the guys, joke with the guys, but on the field, you need to focus, all the smiles drop." Although he has fun playing football, Bryant said he is committed to building a winner at FIU.

He credits head football coach Mario Cristobal with creating the ideal learning environment, academically and athletically.

"Coach [Cristobal] is developing a championship program, building it from the ground up. [Whether

it's] academics, facilities, [Coach Cristobal] is giving us everything we need so we can get onto the field and develop as men," Bryant said.

Growing up in Lakeland, Fla., Bryant lived with his mother and four brothers. Ever since he was little, he has been attracted to the game of football.

"I carried around a football with me everywhere I went, as far back as I can remember," Bryant said.

He's always been a linebacker, from pee wee to high school and now at FIU. There few positions in football that athletes are born to play. Some positions require not only more work, but a field sense, an in-

tuition, that can't be taught.

As the field general of the defense, the middle linebacker is the pulse and the anchor. The defensive linemen's primary focus is the rushing the passer and stopping the run. Linebackers are aware of running backs and receivers faster and more agile than them, while being blocked by offensive lineman that outweigh them by upwards of 100 pounds while calling the defensive adjustments.

"I don't really think about size. I just focus on technique: what I've studied, and what the coaches taught me....I'm not the biggest, fastest, or strongest, so I'm not going to try and

overdo anything or bulldoze anybody; I'm not that type of linebacker," Bryant said.

In addition, the middle linebacker position requires Bryant to anticipate, and offset the frequent mismatches he faces. Scott Bryant shares that responsibility with the rest of the upperclassmen on the defense: just as when he and other players were coming into their own, the previous group of leaders mentored them.

"I focus on being a student of the game, and look forward to learning more: staying in the film room, learning how to make more plays. It's my responsibility to know and to share my knowledge," Bryant said.

## Legg's spread offense could be FIU's x-factor

**MESSINA, page 7**

championship programs. He will bring the kind of leadership that will help our program get to the next level and we're thrilled to have him on staff."

While the Golden Panthers are fortunate to hire an offensive general with 22 years of college football experience, who also coached in 10 bowl games, it's still the players that produce wins and losses.

He will certainly have his work cut out for him, but this is older, with a hardnosed second-year coach in Cristobal. Although the offense definitely struggled last season, most of the guys on the offensive side of things will be back and

eager to contribute for Legg and the team.

Legg is bringing his version of the spread offense to FIU and he believes the experience that his players have gained over the course of the year will help make the second attempt at the spread offense a successful one.

"Last year the biggest thing was maturity. Last year was the first year for this coaching staff to have these kids and it was a different way of doing things," Legg said. "It was a different mentality and a different approach than they had done before. I'm not saying one was right and one was wrong, I'm just saying that it was different."

Besides his vast experience, Legg believes that he has adjusted his version of the spread of-

fense to the talent of this team and has made it more understandable for the players.

From a distance, the most closely monitored part of Legg's offensive work will be whoever is left standing in the quarterback competition between junior Paul McCall and sophomore Wayne Younger, and how that chosen quarterback performs. But if you look closely, he should be judged for his ability to get the best out of both the seniors and the up and coming youngsters on the team. If he can successfully blend the two, the offense will be dramatically improved.

This team is different this year because it has both prototypes and potential in both as well. Senior running backs Julian Reams and

A'mod Ned are returning and looking to further contribute and at the same time, there is a nice crop of young receivers like freshmen T.Y. Hilton and Junior Mertile as well as sophomores Greg Ellingson and Marquis Rolle. Look for an intriguing position change in senior Alonzo Phillips converting from cornerback to wide receiver. If Phillips succeeds, then Legg will look even more like a genius.

This hire gives the Golden Panthers a leg up, no pun intended, at least in the preseason. There is certainly no guarantee that Legg can translate his successes over from Purdue; coaches aren't always miracle workers either. At the very least, the hire is a fresh face that has been around the block.

## Save Time, Go Online!

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# CAMPUS

## Consumption

### Job hunting? Bring your resume, grab a martini

KISHORE T. SAWH  
Staff Writer

Around this time of year, the chests of proud parents swell as they invite their friends and co-workers over for one last dinner on the patio before the summer ends.

At least that's the pretense for being able to not-so-casually drop into conversation which university their "perfect" child will attend.

This is usually followed by a directory of statistics from *The Princeton Review* detailing the school in question's ranking in all categories from "Best College Newspaper" to how many of their alumni go on to work for Fortune 100 companies and specialize in bankrupting developing nations.

The people over at *The Princeton Review* understand that there is a one-upmanship in academia that would leave a Manhattan debutante breathless with envy and boy, do they exploit it.

Yet one ranking is never a parent's favorite. Instead of being discussed, this ranking is treated like a closeted skeleton. It's the damp log on the fire, the bruised side of the apple. The pimple on prom night: it is the "Party School" ranking, in which the University of Florida claimed top honors in the 2009 edition of the review after several years making it into the top 20.

Cue the Hitchcock sound effects. This ranking fills parents and universities alike with such dread that they shiver when it is mentioned.

An Aug. 7 article in *The Sun Sentinel* reported that "[UF] revised its alcohol policy, specifically prohibiting some popular college-drinking activities" after the review's report was published. These activities include beer-pong, keg stands and ice luges.

Apparently, drinking games promote excessive and underage drinking, since UF spokeswoman Janine Sikes said in the article that tighter alcohol policies were "trying to encourage responsible behavior."

The changes included in a code of conduct review will go before the UF Board of Trustees on Sept. 5, much to the students' chagrin, I'm sure.

I can see that underage drinking is a legal issue, and excessive alcohol consumption is irresponsible. But if you open your eyes and mind, you might see that communal drinking

**Instead of being discussed, this ranking is treated like a closeted skeleton. It's the damp log on the fire, the bruised side of the apple.**

I'd bet my next gin and tonic that UF's success in this field is largely a result of the party scene. We've all grown up with the old adage that it's not what you know, but who you know. Well, communal partying promotes lasting connections. It's not just the fun during the party itself but the knowledge that in the morning your pain will be shared fondly with similarly afflicted peeps.

A group hangover is a shared problem that forms communities and long lasting friendships. A problem shared is a problem pared, and with the rigors of education now and the ever-mounting stress of a tight economic world, sleep is dropping and stress is mounting. Partying can help promote relaxation, so one can take on the rigors of the week again more refreshed and energetic. So why then are parents and university officials so down on a party school, which is obviously seeing positive results in job placement?

It could be jealousy. Maybe they never went to a party school or never took part in the scene. Or maybe the adults are all upset that they feel some of their tax money is going to scholarships that students use for buying keg taps and plastic cups. But at the end of the day, it's their problem because having fun, sharing experiences and building life-enduring bonds that can aid in adulthood success are not cardinal sins.

Envy, on the other hand...

from time to time could be a great thing for your personal life and career.

I'm not talking about alcoholism. I have known alcoholics and they are a waste of space and life. I would rather spend time in a burning building than with an alcoholic and no upstanding institute would like to facilitate the creation of more of them. What I'm talking about is occasional social drinking.

Most college students who like to party don't get around to it as much as "National Lampoon's Animal House" would have you believe. Over a semester such events averages about once or twice a week according to Sean Williams, a recent UF alum.

UF has also placed number 13 in the country for Best Career/Job Placement Services in the same edition of *The Princeton Review*.

They are sandwiched between Yale and Cornell, so that's not exactly shabby company for a party school.

I encourage this debate not because I think the drinking age should be lowered; in fact, I believe it should stay at 21. If people are drinking while underage now — say, at 18 — who's to say that more 16-year-olds won't drink if the limit is lowered from 21 to 18?

### Alcohol misuse expected if age limit decreases

IRIS A. FEBRES  
Asst. Opinion Editor

Like an ant trapped in a pitcher of beer, academia will be drowning in debate over alcohol, due to a petition signed by over 100 university presidents asking for a debate on the U.S. drinking age.

The signees of the document claim that a lower drinking age would better equip them to educate their students about responsible drinking. While some college students believe that the 21-year mark is ridiculous, others stand firm in the fact that the age limit has saved thousands of lives.

As of Aug. 21, only two educational institutions in Florida have signed the petition so far: Saint Leo University and Eckerd College.

I know I'm probably in the minority here; I'm a few months shy of the big "2-1" and I don't drink alcohol.

But alcohol would be even more accessible for purchase — and to minors — if the drinking age were reduced.

If alcohol were to be more accessible to minors, then there's a greater chance of underage drinking and accounts of DUI.

The petition is part of the Amethyst Initiative, a Vermont-based movement founded by former Middlebury College president John McCardell.

Mothers Against Drunk Driving, a group that supports the current drinking age, is not pleased with the petition.

According to a press release on the MADD Web site, the petition is a "misguided initiative" that utilizes misleading information for support of a lowered drinking age.

"The science behind the [current drinking age] unequivocally shows that the 21 law has reduced drunk driving and underage and binge drinking," said MADD National President Laura Dean-Mooney, according to the press release.

The MADD Web site lists statistics from the National Highway Traffic Safety Administration, estimating the drinking age has "reduced traffic fatalities involving drivers **18-to-20 years** old by 13 percent and has saved an estimated 25,500 lives since 1975."

Another organization founded by McCardell called Choose Responsibility, which sponsors the Amethyst Initiative, proposes a drinking license adults under 21 can attain after an alcohol education program is completed.

"I think a drinking license is a great idea," said senior Armando Sagastume, a criminal justice major.

Sagastume also cites the classic argument against a 21-year-old drinking age: "If people are allowed to go to war at 18, they should be allowed to buy liquor."

The license plan is a practical measure that can get reliable information to young adults. But even though such an enterprise is a nice suggestion, it would require a lot of funding and time to create.

Where would the money come from?

And even then, taking a class won't guarantee a decrease in binge or underage drinking. It's up to the individual with such a license to make the right choice.

Neither a license nor a lower drinking age would not guarantee a decrease in binge drinking or underage drinking.

A sanctioned law is not responsible in preventing accidents, deaths or other tragic circumstances. Individuals, on the other hand, are.

What we must understand is that underage drinking or irresponsible drinking habits will never disappear whatever the drinking age; those who do not meet its requirements and who do not understand alcohol's dire consequences will possibly want to drink.



# Have a story to tell? Join Student Media

Whether it's University President Modesto Maidique, an incoming freshman, a sixth-year senior or the custodian that cleans the Graham Center late at night, everyone has a story to tell.

It's important for these stories to be told, because they're your stories.

During a time of budget cuts, academic programs being eliminated, a growing Athletics department and a new College of Medicine being built, it's important for these stories to be told, the FIU community informed and history recorded.

That's where Student Media comes in. Student Media is comprised of *The Beacon*, WRGP Radiate FM (95.3, 88.1 and 96.9) and *FIUSM.com*. With each of these three different mediums, students, faculty and administrators have access to news that suits them best.

During a time when the University is changing and growing rapidly, it is vital for us to inform the school community of the decisions made on a daily basis.

It is our job and our responsibility to inform the University community of these decisions and how they affect us as students.

Whether it's the Student Government Association's decision to fund a new club or the Board of Governors raising tuition by 5 percent, we believe this information needs to be in the hands of students.

Our main focus at *The Beacon* is to report and analyze University administration and SGA's decisions because it is the decisions of our elected officials that affect our lives while we attend FIU.

Since our elected officials get paid with our tax dollars and student leaders get paid with our student fees, it is important to hold them accountable for their actions. All the



**COMMENTARY**  
**CHARLIE GRAU**

decisions they make are supposed to be made in the best interest of the student body and FIU.

Student Media serves as FIU's watchdog to make sure it keeps the interests of both students and the University in mind.

On the front page of each issue of *The Beacon*, we have a slogan that reads, "a forum for free student expression at Florida International University."

That's another role *The Beacon* serves the student population – we offer a medium for students to freely express themselves.

*The Beacon* also offers students a chance to try new things they may never get a chance to do; students who love sports can cover FIU Athletics and interview student-athletes.

Photography majors can get their pictures published in *The Beacon* and *FIUSM.com* and art majors can submit editorial cartoons, graphics or comic strips.

Movie and art lovers can write reviews for Student Media.

And since we're a student-run organization, we may print mistakes. Whenever this happens, we don't mean to do it on purpose or with any malice.

We appreciate it when readers point out any mistake so that we can avoid making that same mistake in the future.

We're always willing to publish any critique submitted, no matter how harshly it's written, even if we disagree with the opinion.

We're here to serve the University community and anyone who has any suggestions for us.

This is your paper. Tell us your stories.

That's why we're here.

*Charlie Grau can be reached at charlie.grau@fiusm.com.*

## SEND US YOUR LETTERS

Letters to the Editor can be sent to [opinion@fiusm.com](mailto:opinion@fiusm.com). Letters must adhere to a maximum of 300 words and include the writer's full name, year in school, major/department and a valid phone number for verification purposes. *The Beacon* reserves the right to edit letters for clarity and/or spacing constraints.

# REPS TAKE A REST



ANGELINA ESPOSITO/THE BEACON

## House recess: no day at the beach

**OLGA VELEZ**  
*Contributing Writer*

Fifty Republicans in Congress are trying to get Speaker of the House Nancy Pelosi to call Congress back to session in order to quickly solve the nation's energy crisis.

On Aug. 1, Congress went on its annual 5-week summer break before coming to an agreement on how best to solve the problem.

Although the energy crisis needs immediate attention, I believe this Congressional recess is necessary. During this break, all members of Congress should realize the importance of coming to a compromise on how best to solve the nation's dependency on foreign oil and rising gas prices.

The break comes after the House of Representatives voted against an amendment enacting the American Energy Act included in the new Appropriations bill, which would have called for opening the Arctic coastal plain to drilling, allowing development of oil shale resources and increasing the supply of gas at the pump by allowing the construction of new oil refineries.

Most Republicans would not vote for an amendment that did not include offshore drilling while most Democrats would not vote for an amendment that did.

This dispute between parties could only be solved by members of Congress going to their districts and seeing that people in America are suffering partly due to the high cost of fuel and that a bipartisan plan needs to be put into place now.

However, there are still some 50 Republicans in Congress who refuse to take the much needed vacation and choose instead to remain in Congress and protest.

"It is just simply wrong for Congress to take a 5-week paid vacation when so many families ... are struggling under the weight of \$4-a-gallon gasoline," said Republican Rep. Mike Pence in an article from *The Economist*.

Even though Pence makes a point in saying that Americans are struggling under the high cost of

fuel, calling back Congress would not change anything. If an agreement cannot be made between parties as to how best to solve the problem, then there is no point in calling back Congress.

The protesting Republicans also believe this will not only draw attention to the issue at hand, but also prompt Pelosi to call Congress back in session.

"We realize not everyone can be in Washington next week," said Republican minority leader John A. Boehner of Ohio in a blog from *The New York Times*. "But if you can be, we ask that you come to the Capitol, join our colleagues, and lend your voice."

However, it does not look like these protests will convince Pelosi to call Congress back in to session.

According to the blog, Pelosi described the protests as engaging in the "war dance of the hand

*Since Congress will not be called back, these Republicans should go home and speak with their constituents to see what they think about the issue.*

maidens of the oil companies."

Since Congress will not be called back, these Republicans should go home and speak with their constituents to see what they think about the issue instead of wasting time on Capitol Hill.

Brendan Daly, a Pelosi spokesman and a Democrat, agrees.

Daly said in a *Washington Post* article that Republicans "should go home to their districts and explain their record of obstructing common-sense proposals to address the pain at the pump being felt by American consumers and businesses."

However, not all Republicans feel that the break will not be beneficial.

"It's my hope that [Democrats in Congress] come back in September chastened by their constituents and ready to work with

Republicans on tackling the energy crisis facing this nation," said Rep. Roy Blunt of Missouri in the same *Washington Post* article.

That is exactly what seems to be happening. Pelosi has reversed her policy on offshore drilling during the break.

Pelosi even offered to hold a vote in the House of Representatives on expanding offshore drilling if the bill addressed other energy issues, such as extending tax credits for solar and wind energy and releasing oil from the Strategic Petroleum Reserve.

I think that Pelosi changing her mind is exactly what needed to happen.

As long as the offshore drilling ban is removed in certain coastal areas most Republicans will agree to a bill that also includes benefits for renewable resources as shown in the previous amendment that

Republicans wanted to pass.

So if a plan is proposed as soon as the break is over, which includes both offshore drilling and benefits for renewable resources it might actually get passed.

Then, something can finally be done about rising fuel costs.

Most Democrats seem to agree with me and with Pelosi.

Opening portions of the Outer Continental Shelf for drilling will be a part of energy legislation that House Democrats intend to put forward in the coming weeks to address oil dependence and high gasoline prices, according to *The Washington Post*.

In the end, the break that Congress took proved to be beneficial because it is actually accomplishing what the protesting Republicans want: a compromise on energy.

# Get out of here



## Study Abroad programs take you places

**LUCIA SASTRE**  
Staff Writer

Studying Abroad are two words that, for some, may sound scary or even out of their reach. Many students at FIU seem to be reluctant about leaving their comfort zone in order to experience something new. Other students complain that studying abroad is too expensive, or that it will interfere with their majors. Some even say that it is not worth it or that it's better to wait until after graduation. But for those students and teachers who have actually travelled and chaperoned abroad, those thoughts are not remotely close to the truth.

"I believe that I speak for the 31 of us when I say that we had an eventful time visiting the medieval sights, meeting the warm-hearted people, shopping in the local markets, listening to popular music, tasting the culinary delights and partici-

**There are orientations when students get to their destined place and when they come back. This makes students feel safe when they encounter adjustment problems**

Liza Carbajo,  
Director of the Study Abroad Programs

pating in the various cultural activities the region of Umbria has to offer," said the director of Passport to Italy, Angela Bronsburg.

Bronsburg further emphasized that on their trip abroad to Perugia, Italy this past summer, participating students had the weekends free to tour Italy, while on the weekdays they attended the Universita' per Stranieri, one of Umbria's oldest, where they immersed themselves in language and/or culture classes taught only in Italian by

local instructors.

"Needless to say, I can personally tell you that one of my favorite moments was participating in a Master Class at the Perugina [chocolate factory]. 'The art of making chocolate' was not only instructive, but also incredibly fun. As you can imagine, we each had our own workstation and lots of chocolate to play with," recalls Bronsburg from the trip.

The Office of Study Abroad ensures safety and protection to those students traveling.

"There are orientations when students get to their destined place and when they come back. This makes students feel safe when they encounter adjustment problems, or when they just need to fit in with the culture and their fellow classmates," said Director of the Study Abroad Programs, Liza Carbajo.

"Personally, I believe traveling abroad is a life changing experience. Most students in Miami have never been abroad and are [accustomed] to the culture here. Those students are the ones that benefit the most from the trip. When they come back, they have a new way of seeing the

world," said Carbajo, who also got the chance to travel abroad to Genoa during an FIU trip.

The Office of Education Abroad offers several programs consisting of many different countries. There are eleven countries to choose from and about 20 programs to consider when travelling abroad. If financial aid problems are preventing you from going, then opt for the OIS scholarship. "It ranges from \$300-\$500, and is especially designed for summer programs. [Students can] download the application on our Web site," Carbajo said.

A student may consider a destination abroad according to his or her major, or their language proficiency, but this isn't the case for everyone.

Guadalupe Juarez, a junior and an education major, studied abroad in Perugia without previous knowledge of the language.

"I've never taken Italian before. When I first got there I was scared because I didn't know anyone, but as time went on everyone got really close, and I even learned enough Italian to defend myself," she said.

Making chocolate, touring on the weekends and visiting medieval sights are things you don't do everyday. For some this may seem like long a lost dream.

For others it may seem too good to be true. But in reality all it takes are the guts to jump on a plane and say, 'I'm ready for a life changing experience.'

For more information on Study Abroad programs, visit: <http://ois.fiu.edu/>.



# Seven suggestions for a successful first year in college

**CHRIS TOWERS**  
Asst. Life! Editor

Dear Freshmen,  
Welcome to FIU!

You waded through four years of assigned, silent reading, standardized testing and gym coaches turned math teachers, all with your eyes on the eventual goal of going to college.

Congratulations.

Surviving your first year of college can be a bit of a challenge, so *The Beacon* is here to provide you with some tips to make sure you don't become one of those statistics your high school guidance counselor warned you about ("98 percent of all people who go to college drop out," etc.)

## DOUBLE CHECK EVERYTHING

You are one of 37,000 students in this university, so it's easy to get lost in the shuffle. Anytime you have to deal with the university in any way, shape or form with regards to paperwork, the onus is on you to make sure everything is in order.

Every year, there are horror stories about people losing financial aid or not graduating on time because of some minor error on their part. Don't be that person. Make sure you know your record better than anyone, it will come in handy.

## GET INVOLVED ON CAMPUS

The easiest way to lose interest in your school (doesn't matter which one), is to not get involved. Frat life may be the avenue you decide to choose, or maybe the Anime Club is more your style, but either way, explore what

your fellow students have to offer. Intramural sports are an excellent opportunity to get involved, for example.

The rules are a little different if you live on campus, because it's a lot easier to be involved, so you should take full advantage of this fact. Take advantage of events in your building and don't be shy. You are surrounded by a few thousand people in close proximity, so you are bound to find people with similar interests as you.

## WORK HARD ...

You are here to learn, after all. This isn't high school, and you can't coast by not doing your reading.

If you've got a project, start it early and do it right. If you play your cards right and find a major you are passionate about, most classes won't feel like as much work as they are.

A planner is pretty much your lord and savior if you want to make it through your classes.

Keep the same schedule every day, or break the day up into units, or however you want to do it. However you plan, make sure you follow it and it will become second nature.

## ... BUT DON'T WORK TOO HARD

Sure, academics are important, but so is keeping your sanity. So try to find a balance between work and recreation.

You don't want to be the person who is completely burned out by the time finals week comes around, so make sure you pace yourself.

Cramming during finals week works for some people, but it is often more stressful than it is worth.

Chances are if you've kept up during the semester, you won't have to kill yourself at the end, and that last week of class will be even sweeter.

## DON'T BITE OFF MORE THAN YOU CAN CHEW

If you have to get a job, don't work too many hours. Don't take 18 credits in a semester and don't take too much of one subject at the same time.

## EXPLORE DIFFERENT SUBJECTS

Freshman year is the time when you are

supposed to find what your major is, so don't be afraid to diversify. If you are interested in German art or Alexander the Great's military conquests, there's probably a class for it. Look it up.

## DO WHAT YOU WANT

This is, really, your first chance ever to really do what you want to do, so take advantage of it.

Everyone's experience is going to be different, so make your own, and don't let your parents or friends or anyone decide how yours is going to be.

## PLAYING WITH RADIATION



GIOVANI GUADARRAMA/THE BEACON

**PUT A RECORD ON:** Junior William Diaz (back) and Freshman Lisa Junco (front) spend some of their free time deejaying at FIU's student radio station, Radiate FM.

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## JOIN OUR STAFF!

The **BEACON** is always looking for talented and reliable individuals to join the staff. If you have an interest in writing, photography or even grammar, don't be shy.

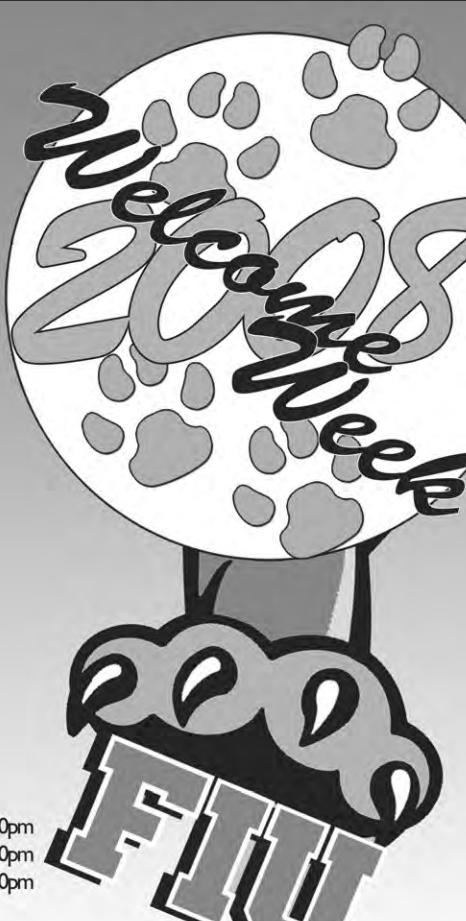
The Beacon is looking for a freshman writer to chronicle their experiences as a first year student in a regular column for the coming year.

Stop by one of our offices located in GC 210 or WUC 124 for more info.

## FIU BISCAYNE BAY CAMPUS

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Campus Life & Orientation Office - (305) 919-5804

SUNDAY 8/24/2008	
Freshman Convocation	FIU Arena UP
Shuttle leaves BBC	AC I
1:30pm	
12:30pm	
MONDAY 8/25/2008	
Welcome BBQ	Panther Sq.
Performance by Tribal Love	Panther Sq.
Silhouettes by Kathryn	Panther Sq.
Table Games	WUC
11:30am - 200pm	
11:30am - 200pm	
11:30am - 200pm	
All Day	
TUESDAY 8/26/2008	
Blue/Gold Breakfast	Panther Sq.
Caricature Artist	Panther Sq.
Table Games	WUC
9:30 am	
12:00pm- 200pm	
All Day	
WEDNESDAY 8/27/2008	
Caricature Artist	Panther Sq.
Resorce Fair	Panther Sq.
Table Games	WUC
11:00am - 200pm	
11:00am - 200pm	
All Day	
THURSDAY 8/28/2008	
Freshman Luau	Panther Sq.
Entertainment by Traveling Max	
Table Games	WUC
Gradskellar (GSA)	WUC Loggia
Trail of the Torch	Housing Quad
11:30am - 200pm	
All Day	
6:00pm - 8:00pm	
7:00 pm (UP)	
FRIDAY 8/29/2008	
Kayaking on the Bay	Bay Area
Table Games	WUC
11:30am - 200pm	
All Day	



# Week of Welcome reaches an all-time high

**NIKKI PEREZ**  
Contributing Writer

With its theme as "Panther Air: Prepare for take off," this year's Week of Welcome is aimed at offering students an enjoyable journey towards their degree by opening the doors of the FIU community and offering early opportunities to get involved on campus.

The Week of Welcome, formerly known as Welcome Week, launches Friday, Aug. 22 at 8 a.m. with move-in, and ends Saturday, Aug. 31 at 1 p.m. with a bus tour around Miami.

WOW will be full of exciting events and fairs for new incoming students to get a taste of FIU, such as freshman convocation, pep-rallies, after-parties, dances, probate show and much more.

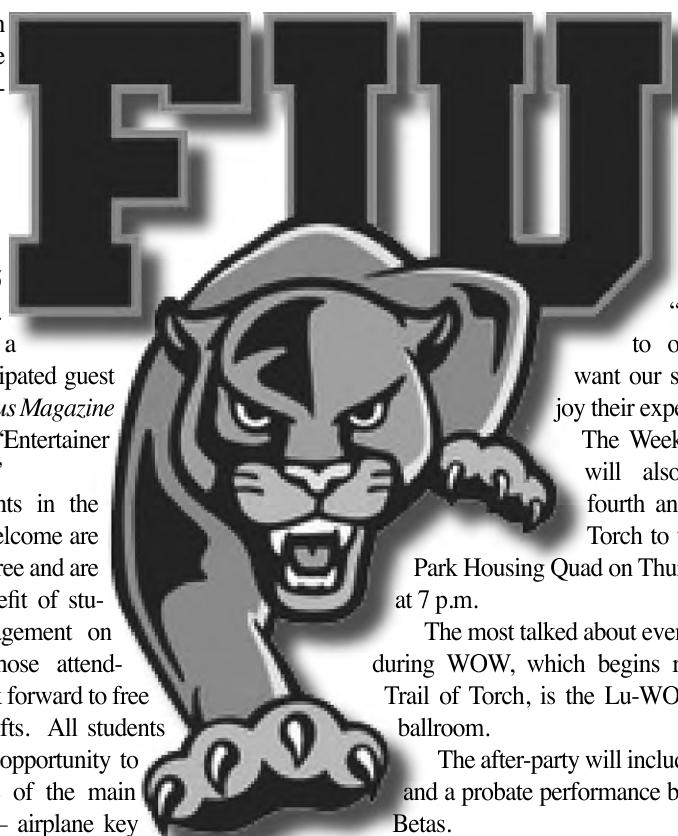
"This week of events is ideal for freshmen looking to meet other freshmen, get involved on campus and gain an understanding of what it is to have panther pride," said vice president of external affairs in the Student Programming Council and WOW committee member, Cristina Rodriguez.

SPC will be hosting two events throughout the week which included an *Iron Man* movie presentation on the lawn, Saturday, Aug. 23 at 8

p.m. and an appearance by comedian/magician Justin Kredible in the GC Ballrooms Aug. 25 at 8 p.m.

Kredible is a highly anticipated guest since *Campus Magazine* named him "Entertainer of the Year."

All events in the Week of Welcome are absolutely free and are for the benefit of students' engagement on campus. Those attending can look forward to free food and gifts. All students will get an opportunity to receive one of the main giveaways – airplane key chains.



"We are all about traditions," said Dianne Cordova, advisor and planner for the Trail of Torch event.

"FIU has much to offer, and we want our students to enjoy their experience here."

The Week of Welcome will also present its fourth annual Trail of Torch to the University Park Housing Quad on Thursday, Aug. 28 at 7 p.m.

The most talked about event taking place during WOW, which begins right after the Trail of Torch, is the Lu-WOW in the GC ballroom.

The after-party will include food, music and a probate performance by the Zeta Phi Betas.

Biscayne Bay Campus students need not

feel left out. A bus will be provided to transport interested BBC students who want to attend the Trail of the Torch. Space is limited though, so students planning to attend TOT should sign up at Bay Vista housing or at the BBC Student Life office before Aug. 28.

Students are expected to attend and enjoy WOW, but they are also encouraged to consider becoming a team member of the committee that puts it all together.

Those who will be sophomores, juniors or seniors for the 2009 Week of Welcome are invited to pick up more information at the Office of Orientation and Commuter Services.

"I wanted to get involved with WOW because I wanted to be a part of one of the biggest weeks on campus," said committee member Jessica Liana-Marie Okon. "There is a lot involved with being part of the committee and it has been really great working with some people."

To take part in WOW, all attendees must show a valid Panther ID and have the enthusiasm to meet new people.

"I would like to end WOW knowing that the freshmen had a great first week of college and felt welcomed into the FIU family," Okon said.

## Fresh Food offers healthier eating options on campus

FIU students flocking back to campus might have financial aid, book purchases and courses to worry about, but there should be one more thing on their list — healthy diets.

As everyone knows, eating right and being physically active are essential a healthy lifestyle and help reduce your risk of many chronic diseases such as heart disease, diabetes, osteoporosis and certain cancers and increase your overall physical and mental health.

FIU students — both commuting and on-campus residents — might wonder what healthy choices the University offers them. The best place to be food-conscious might be The Fresh Food Company. Fresh Foods' food provider is AraMark Corp., which has initiated a new healthy eating campaign entitled "Just4U Food That Fits Your Life" for its on-campus food service operations.

The "Just4U" menu includes daily vegetar-

**The best way to provide your body necessary and balanced nutrition is by eating a variety of nutrient-rich foods while staying within your daily calorie needs**

ian and organic food options, and all selections are developed and evaluated by culinary experts to provide nutrition information about the calorie, fat, salt, sugar and carbohydrate content. Food models featuring one-serving portion sizes and colorful signs accompany the food selections.

However, Fresh Foods or not, there are a few basic guidelines the whole University community should follow on and off campus.

The best way to provide your body necessary and balanced nutrition is by eating a variety of nutrient-rich foods while staying within your daily calorie needs.

The healthiest diets emphasize fruits, vegetables, whole grains, fat-free or low-fat milk and milk products, lean meats, poultry, fish, beans,

eggs and nuts. Food choices should also be low in saturated fats, trans fats, cholesterol, salt (sodium) and added sugars.

It is often difficult to follow a healthy nutritional regimen due to our fast-paced lifestyles which often leave little time for meal preparation. Rather than simply resorting to fast food or salty packaged meals, you should plan ahead while at the supermarket by buying a variety of nutrient-rich foods for meals and snacks throughout the week.

While dining out, select steamed, grilled or broiled dishes rather than fried or sautéed entrees. While at work, school, or simply relaxing at home, eat snacks consisting of fresh fruit, raw vegetables or unsalted nuts to help avoid eating

less healthy snacks impulsively.

Finally, it is imperative to eat an appropriate number of calories based on your age, activity level, basal metabolism (e.g., pregnancy) and whether you're trying to gain, maintain or lose weight.

A total of 2,000 calories is the average energy intake for most people but this amount should be less for inactive people and increased for physically active people and during early adolescence or pregnancy.

Most packaged foods have a Nutrition Facts label which you can use to make smart food choices quickly and easily for those late night munchies during study sessions.

Since everyone's medical history and nutritional needs are different, you are urged to discuss this with your health care provider or a registered dietitian to determine a healthy diet plan that is appropriate for your age, activity level, weight goals and medical condition.

To your good health – Dr. Bob

*Dr. Robert Dollinger is a registered doctor and the Assistant Dean at The College of Medicine.*

## Dietary Guidelines for Americans

**KEY**  
 Fat (Naturally occurring and added)  
 Sugars (Added)  
 These symbols show fats and added sugars in foods.

Consume three cups of low-fat or fat-free milk.

Eat dark green veggies, such as broccoli, spinach and green beans; orange veggies, such as carrots, sweet potatoes, and pumpkin; and beans such as pinto beans and kidney beans.

Ensure that at least half your grains are whole by consuming at least three ounces of whole-grain cereals, breads, crackers, rice or pasta every day.

Minimize consumption of saturated fats, salt and sugars.

Choose lean meats and poultry as your major sources of protein. It is best to either bake, broil or grill it.

For an average 2,000 calorie a day diet, you should consume two cups of fruit each day

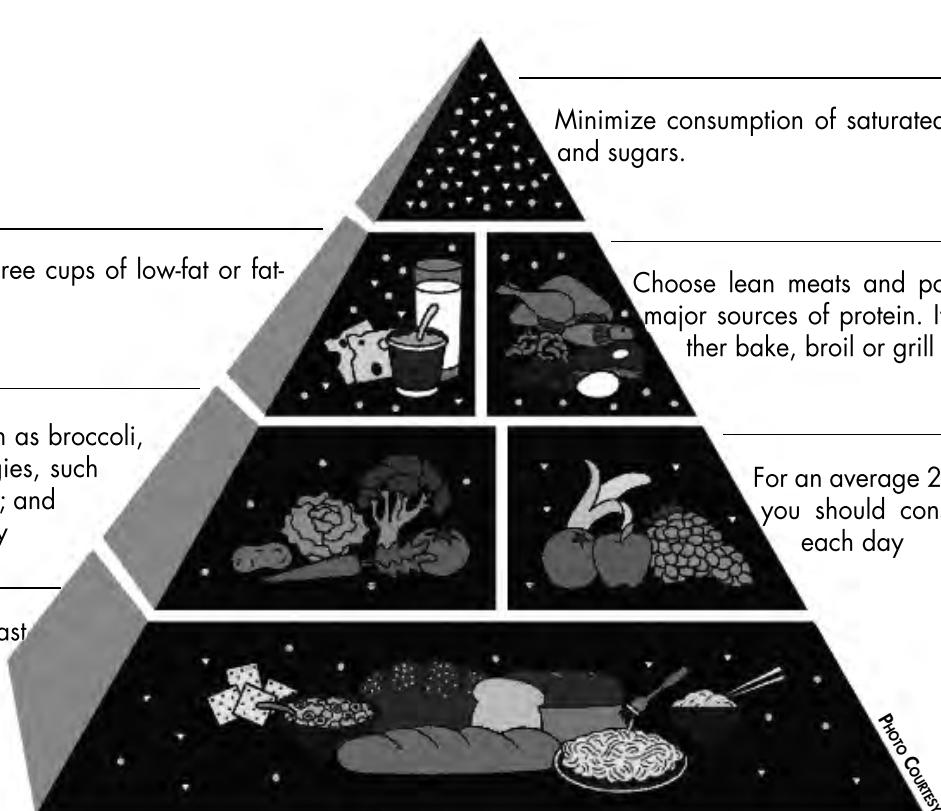


Photo Courtesy

# Welcome Back Calendar • August 2008

MONDAY 25	TUESDAY 26	WEDNESDAY 27	THURSDAY 28	FRIDAY 29
<p>WHAT: Welcome Back Week: Rain Backup for Rally WHERE: GC PIT WHEN: 9:00 am HOW MUCH: FREE</p> <p>WHAT: Panther Rage General Meeting WHERE: GC 140 WHEN: 4 pm HOW MUCH: FREE</p> <p>WHAT: Welcome Back BBQ WHERE: BBC Panther Square WHEN: 11:30 am HOW MUCH: FREE</p> <p>WHAT: SPC &amp; WOW present: Magician "Justin Kredible" WHERE: GC Ballrooms WHEN: 8 pm HOW MUCH: FREE</p> <p>WHAT: Meet your Dean WHERE: UP GC West Ballrooms WHEN: 11:00 am HOW MUCH: FREE</p> <p>WHAT: Welcome Back Week Pep-Rally WHERE: Betty Chapman plaza WHEN: 12:00 pm</p>	<p>WHAT: Blue &amp; Gold Breakfast WHERE: BBC Panther Square WHEN: 9:30 am HOW MUCH: FREE</p> <p>WHAT: Ice Cream Social WHERE: BBC Bay Vista Housing WHEN: 7:00 pm HOW MUCH: FREE</p> <p>WHAT: iParty WHERE: GC Pit WHEN: 11:00 am HOW MUCH: FREE</p> <p>WHAT: Italian Club General Meeting WHERE: GC 241 WHEN: 4:00 pm HOW MUCH:</p> <p>WHAT: SPC General Meeting WHERE: GC 305 WHEN: 3:30 pm HOW MUCH: FREE</p> <p>WHAT: Panhellenic Council Information session WHERE: GC 150 WHEN: 6:00 pm HOW MUCH: FREE</p>	<p>WHAT: Water War Dodgeball WHERE: BBC Panther Square WHEN: 6:00 pm HOW MUCH: FREE</p> <p>WHAT: Asian Student Union General Meeting WHERE: GC 140 WHEN: 6:00 pm HOW MUCH: FREE</p> <p>WHAT: Student Organization Deadline WHERE: CSO 2400 WHEN: 6:00 pm HOW MUCH: FREE</p> <p>WHAT: Black Student Union general WHERE: GC 340 WHEN: 7:00 pm HOW MUCH: FREE</p> <p>WHAT: College Republicans Kick-Off event WHERE: GC Ballroom Lawn WHEN: 11:00 Am HOW MUCH: FREE</p> <p>WHAT: Leaders Of Tomorrow General Meeting WHERE: GC 340 WHEN: 1:00 pm HOW MUCH: FREE</p>	<p>WHAT: Freshmen Luau WHERE: BBC Bay Vista WHEN: 11:30 am HOW MUCH: FREE</p> <p>WHAT: BBC Trail of the Torch WHERE: Bay Vista Housing WHEN: 7:00 pm HOW MUCH: FREE</p> <p>WHAT: Student Alumni Association Trail of the Torch WHERE: UP Housing Quad WHEN: 7:00 pm HOW MUCH: FREE</p> <p>WHAT: FIJI presents "Back 2 School Jam" WHERE: FIJI House FIU UP WHEN: 10:00 pm HOW MUCH: \$5</p> <p>WHAT: Caribbean Student Association General Meeting WHERE: GC 150 WHEN: 4:00 pm HOW MUCH: FREE</p> <p>WHAT: Dance Marathon General Meeting WHERE: GC 314 WHEN: 6:00 pm HOW MUCH: FREE</p>	<p>WHAT: Kayaking on the Bay WHERE: FIU BBC Bay WHEN: 12:00 pm HOW MUCH: FREE</p> <p>WHAT: Student/Saff Basketball WHERE: BBC Fields WHEN: 2:00 pm HOW MUCH: FREE</p> <p>WHAT: Alternative Spring Break Site Leader Priority Deadline WHERE: WHEN: 6:00 pm HOW MUCH: FREE</p> <p>WHAT: Last Day to have passed CAT-CLAST for Fall Graduation WHERE: FIU WHEN: All Day HOW MUCH: FREE</p> <p>WHAT: Muslim Student Association General Meeting WHERE: GC 305 WHEN: 1:00 pm HOW MUCH: FREE</p> <p>WHAT: Accounting Association General Meeting WHERE: GC 150 WHEN: 6:00 pm HOW MUCH:</p>

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