

10-24-2012

# The Beacon, October 24, 2012

Florida International University

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## Recommended Citation

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## #HIJABISONFIU



ALFONSO YEC/THE BEACON

Muslim Student Union members Nandee Shabazz, Irum Khan, and Zehra Kazmi prepare for their "Hijab-A-Thon" in which pink hijabs, or head scarves, were worn to dispell hijab misconceptions and raise breast cancer awareness.

## Panthers hope to start season on right paw

**RUBEN PALACIOS**  
*Contributing Writer*

For the first time since a second-round loss in the Women's National Invitational Tournament in March, the FIU women's basketball team is going back on the hardwood.

The women's basketball team will hit the court again when they face off in an exhibition game against the University of Quebec on Oct. 25. The game will be at home at the U.S. Century Bank Arena with tip-off at 6 p.m.

Despite it being an exhibition game, Head Coach Cindy Russo says the matchup will not be an easy one because very minimal game planning can be done to prepare. Along with being very limited when it comes to game planning, scouting reports are not issued for exhibition games.

"We don't have a game plan because no one knows anything about them," Russo said.

The importance of the game will not necessarily be on

winning, but more on gauging where the team is and what they need to improve on. Russo is going to insert different rotations and implement schemes throughout the game to see assess how her players react.

"The main thing is just looking at players and the systems and see how they do," Russo said. "I just hope we can go out there and play hard, hustle and stay focused."

Every team has to overcome a huge hurdle in order to succeed. For this team, the hurdle will be the ability to maintain a high level of concentration throughout the entire season. Last year, the squad proved it was capable of sustaining a high level of concentration by going 22-10 (10-6 SBC) in the regular season.

"Basketball is a really long season, and you have to talk yourself back into playing at times," said Russo. "We will work very hard on focus and intensity this year."

**SEE BASKETBALL, PAGE 6**

## Professor finds voice, encourages expression

**ASHLEY MARTINEZ**  
*Contributing Writer*

Students may now have a reason to express what they feel.

Rebecca Covey, professor of Theater Voice and Movement in the University's Department of Theater, said people are born with the potential to communicate anything that they desire.

"I think the self knowledge that you gain by being able to gain awareness of habits is invaluable. It's very easy to walk through life through an unconscious gaze because we're always so busy. To have a simple awareness of these habits can really improve our quality of life," Covey said.

Born in California, Covey is a graduate from the University of California in Santa Barbara. Her interest for theater, languages and cultures led her to continue her studies in France and Wisconsin, all while becoming a professional actor and performing in places like Chicago and Northern California.

When she performed, Covey noticed she had a hard time connecting with others and trying to be heard.

"Eventually I felt like my voice work wasn't getting me where I

wanted to go. It felt like I always had to do something very different in order to be heard. I felt like I needed a certain harshness," Covey said.

This experience led her to begin the training for the Linklater Certification, created by well-known voice expert, Kristin Linklater, in New York. The program includes workshops and speech training on how to teach the method of freeing one's natural voice.

Despite her five-year training, Covey feels that it is easier for her to teach her students about being aware of what their body is going through while doing these exercises.

"I don't necessarily have all the answers, but I have a system that can help. Once I find a way that something can lead to more ease or more vocal health, I feel even more qualified to teach that because I don't necessarily do it naturally. People who do it naturally just need to know how to sustain, enrich and increase it," Covey said.

According to Covey, though it is believed that voice and movement classes focus more on helping future actors or performers, the exercises may be far more helpful to people who work in different fields where they are required to speak constantly.

The classes may also help people

overcome situations that may have affected their "voice's freedom." "People who work in prisons, with transgender people, with victims of domestic violence or any type of violence at all, work with this to help them find a new voice and not necessarily the one established by their society," Covey said.

"We need to be able to voice. There are so many examples of it, not only on a personal level, but a political one as well. People needing to speak about their experiences, whether it is in South Africa or in Argentina, especially now in this time of year that we're all about the need to vote, we need to feel like our voice is heard not only on a metaphorical level, but on a real one to," Covey said.

Covey said Linklater previously worked with coaching the World Economic Forum in Policy Wonks.

For Covey, it is also very important for students to know what they can achieve when using their voice.

"Students in particular have had a special role in history because they can see things sort of outside the status quo. They have that special perspective and they are the ones that create all social change around the world," Covey said. "It's sort of a gift being

given to them and it's important for them to embrace it."

During her time at the University, Covey's desire is for all types of people to learn about the big difference that freeing your natural voice can cause in a community.

"One thing that I would love to be

able to communicate is that the simple act of speaking can be very healing. It's very hard to grow or work through something without speaking about it and without feeling that you're being heard," Covey said.

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### HUMAN TRADE



ALFONSO YEC/THE BEACON

Junior Abdullah, public relations major, observes a mockup display of a hostel during the 'FIU4FREEDOM Week' to promote awareness of human trafficking.





ASSOCIATED PRESS

# Castro publishes article criticizing health rumors

PAUL HAVEN  
*AP Staff*

Former Cuban leader Fidel Castro said he doesn't even suffer from a headache in an article he published in state-media Monday criticizing those who spread rumors he was on his death bed.

The article, ironically titled "Fidel is Dying," is accompanied by photos taken by son Alex Castro that show the revolutionary icon standing outside near some trees wearing a checked shirt and cowboy hat, including one in which he is seen reading Friday's copy of the Communist Party newspaper Granma.

Castro is leaning against a cane in the photos and he looks every bit his 86 years, but his eyes are sharp and his expression determined as he gestures with his left hand.

"I don't even remember what a

headache feels like," Castro claims in the article, adding that he was releasing the photos to show "how dishonest" the rumor mongers have been.

Cubans reacted with a mix of support and cynicism.

"He looks well to me and the truth is I'm happy, but one day he will die because at his age he's on borrowed time," said Camilo Fuentes, a 67-year-old Havana resident.

"I think it is a big show," said Carina Rojo, a 57-year-old retiree. "People don't care anymore ... there is much more interest in these things outside the country."

Castro's article was published on the state-run Cubadebate Web site early Monday, and in virtually all other state-media later in the day. It is the latest evidence the former Cuban president is alive and seemingly well after more than a week of intense speculation he was seriously ill.

## FOR COLUMBIA, POR FIU



ANDRES CARDENAS/THE BEACON

The FIU chapter of Por Colombia held a BBQ fundraiser on Thursday, Oct. 18, at the Engineering Center for the Fundación Simón Bolívar. The money raised will help send school supplies to children who are affected by poverty and violence in Medellín, Colombia.

# Event points English majors in the right direction

RACHEL CUCCURULLO  
*Contributing Writer*

For academic advisor Craig McGill, there is a "whole world of jobs" for students majoring in English.

On Thursday, Oct. 25, the Department of English is

hosting "English Majors in Higher Education."

"We are going to have folks from higher education, people working in the college setting who have chosen to go into that field," said McGill, an adviser of the Department of English. "We are really

trying to get a number of these advising events so that we can communicate information about other possibilities, other things you can do with an English degree."

The event's panelists include Lauren DiGiovanni, a graduation success specialist in the Office of Advising Technology and Jessica Plantada Diaz, assistant director and contract manager for Business Services who has previously worked in Athletics, dealing with compliance issues and in the General Counsel's office on campus.

McGill said the department hopes to raise awareness of the benefits of an English major education.

Ph.D.," McIntire said. "It's that hard."

According to McIntire, the event is meant to "express information to students on how to be employable."

The event will take place Thursday, Oct. 25 at 3:30 p.m.

in the Graham Center, room 235.

-news@fiusm.com

### CORRECTIONS

In Vol. 24, Issue 32 of The Beacon, in the story titled "FIJI haunted house hopes to raise a frightening \$10,000," should have stated that the event will be on Friday, Oct. 26, from 6-9 p.m. Presale and at the door price is \$5. *The Beacon* will gladly change any errors. Call our UP office at 305-348-2709 or BBC at 305-919-4722.

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*The Beacon* is published on Mondays, Wednesdays and Fridays during the Fall and Spring semesters and once a week during Summer B. One copy per person. Additional copies are 25 cents. *The Beacon* is not responsible for the content of ads. Ad content is the sole responsibility of the company or vendor. *The Beacon* is an editorially independent newspaper partially funded by student and services fees that are appropriated by student government.

## Program in the Study of Spirituality

School of International and Public Affairs



### Spirituality in the Contemporary Church

Lecture by Archbishop Thomas Wenski

October 24, 2012 | 7:00 PM | FIU Modesto A. Maidique Campus | SIPA 125

A lifelong advocate of education and social justice, Archbishop Thomas Wenski will provide on October 24, 2012, a keynote on "Spirituality and the Contemporary Roman Catholic Church." On April 20, 2010, Pope Benedict XVI appointed Thomas Wenski the fourth Archbishop of Miami and the Metropolitan of the Province of Miami (which includes the seven dioceses of the State of Florida). He is the only Florida native serving as a bishop in the state. His Grace has served on a number of boards of civic and community organizations. He is currently the Episcopal Moderator for Catholic Health Services for the Florida Catholic Conference.

Inspired by the Episcopal motto of "Omnia Omnibus," which means "all things to all men"—the scriptural text is taken from St. Paul's letter to the Corinthians, "I have become all things to all men, to save at least some"—the Archbishop's life exemplifies humility in the service of God and his faith.

Co-Sponsored by the Department of Religious Studies and TAK Honor Society.

This event is free and open to the public.

Program in the Study of Spirituality  
FIU Modesto A. Maidique Campus | DM 302  
http://spirituality.fiu.edu | spirituality@fiu.edu

FIU Arts & Sciences



DECISIONS, DECISIONS



ILLUSTRATION CONTRIBUTED BY GIOVANNI GARCIA

THE BEACON | Editorial

Hire of financial coordinator  
a good move for students

The second presidential debate focused on domestic issues, chiefly among them for us is the two candidates' plan for higher education and student loans.

Each candidate has his own plan that either requires providing more financial aid for students, or putting the responsibility on, our families, higher-ed institutions, and us.

The "right" choice is debatable, and is being debated, but what we do think is right is the University's decision to appoint a default prevention financial aid coordinator.

While complaints can rightfully be lodged against the University with regard to a near-gouging tuition that shows no sign of backing down, appreciation and praise are due to the University for its appointment of the coordinator to help work out a payment strategy for graduates who run a risk of defaulting on their loans.

The need for such a coordinator is evident in the jump in the amount of debt with which University students graduated. The 2011-2012 fiscal year saw 48 percent of University students graduate with an average debt of more than \$16,000, compared to 29 percent graduating with an average of \$10,899 in 2007-2008.

The debt among University students, according to Director of Financial Aid Francisco Valines, is still "manageable," as it's a ways away from the national average of 66 per cent.

According to Valines, it's the 7.5 percent default rate among FIU students that we need to be concerned about, and they are the ones to whom the University is reaching out, helping 1,600 students manage their debt so far.

It's easy, in paying our myriad fees and jumping through bureaucratic hurdles and idling among the masses between classes, to think of ourselves as nothing more than dollar signs in the eyes of the University; that our voices are whispers, our problems and personal situations irrelevant.

But by reaching out to offer support for our graduates, providing plans for the employed and unemployed alike to suit their circumstances, FIU is showing a level of courtesy and concern we might not normally associate with so large an institution.

Frustrating and disheartening as tuition hikes always are, and painfully prevalent as they'll continue to be for the next few years, there's little else the University can do if it plans to keep the clubs, classes, majors and traditions that make it a worthwhile school.

There's always a reason to take, it seems, but seldom a reason to provide, particularly when money is being spent on a cause that won't pass the public's eye, the media's lens, or offer anything that might bolster its reputation.

The financial advice being provided, by the University, to its graduates is a subtle service. It isn't flaunted as a symbol of FIU's big heart, as it could so easily be. And while a strong conservative argument can be made about this service being a waste of money and staff, unnecessary efforts being spent on the needs of people who no longer attend, it's a meaningful gesture - and a strong one at that - toward the student body, showing that we might mean something more than a payday for the University to which we give so much. And if only for that, it seems worthwhile.

Doing it for the kids, or are they?

NERLYN GALAN  
Contributing Writer

Last week, FIU played host to Derby Days, a week long philanthropic event hosted by Sigma Chi with the help of all the sororities.

This tradition dates back to 1933 and is our school's first year participating, with the funds going towards the Children's Miracle Network and the Huntsman Cancer Institute.

How it works is that each sorority competes against each other in events to gain points for their sorority while at the same time donating/earning money for the cause.

Some of the events include Pie-A-Sig, Coin Wars, Derby Hats, Canstruction, Derby Pageant and a T-shirt sales competition. It really is a great event and a really fun way to raise money for such great causes.

From an outside female perspective,

the whole thing looks like a way to have sorority women falling all over the Sigma Chi men.

I mean, let's take a look at the events. Sign-A-Sig? Sigma Chi brothers walk around with white T-shirts getting signatures from sisters for points. What better way to meet girls than by getting their signatures on the t-shirt you're currently wearing and having them all over you? Maybe except for the Derby hats, which is when Sigma Chis are chased down by sororities for their hats.

But isn't it almost every guy's dream to be chased by women? This event made that dream come true. It looked like something you would see out of a television show, one guy being chased by four girls at the same time.

Now don't get me wrong it got pretty intense for the men, they had to be careful of what was around each and every corner.

Who knows, it could have been a mob of running girls ready to tackle them to the

ground for the hat on their head. It must have been really tough getting chased by all those beautiful women.

And if that wasn't enough attention already, what better opportunity to show off and get attention, than by being shirtless in the middle of campus looking like the wolf pack from Twilight lining up the girls to throw pies at them. While the female passersby snap their necks doing double takes to try and grab a glimpse. Need I say more?

So we must really commend these boys for fending off the hordes of rabid girls, and all in the name of charity.

But the truth to the matter is that regardless of how they did it, the guys from Sigma Chi still managed to raise \$5,226.11 in the inaugural year of Derby Days at the University, which will go towards two separate charitable organizations.

-opinion@fiusm.com

SEND US YOUR LETTERS

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

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## MIAMI LIFE!

# Students put on their sunglasses...with their raincoats

**HOLLY MCCOACH**  
*Staff Writer*

Is rainy 80-degree weather the new autumn?

Hot weather and excessive amounts of rain in South Florida are making history. This past June, the heat rose to a roasting 95 degrees. This is common for summer in Miami, but temperatures barely cooled since then.

September had highs of approximately 93 degrees, and October followed the trend with a high of 90 degrees, according to ClimateStations.com.

Where's fall?

Hugh Willoughby, research professor from the Earth and Environment Department at the University says there is no specific reason for changes. However, one of them has to do with a long wave trough, a V-shaped pattern in the wind that blows out of northwestern America and up into Greenland.

"Normally, about now — or two weeks ago — we would have gotten our first front, which is normally very dry and cool," said Willoughby.

The bottom of this trough is what determines the distribution of weather. Right now, the "bottom" is located around the Louisiana and Arkansas area, causing our current weather conditions.

These troughs exist worldwide, which determine the climate of all regions. They are controlled by the

temperature differences between the equator and the poles, as well as shifts in ocean temperature.

The amplitude of these troughs becomes larger and smaller from year to year, and the North American long wave trough is not as large this year as other years, giving us warm days.

"We are going to see cold fronts coming through, maybe later than normal," said Willoughby.

Garrett Pierman, Michigan native and sophomore political science and international relations major, is perplexed by this change.

"Only in Miami have I ever worn both sunglasses and a raincoat at the same time," said Pierman. "I mean, sure, it will probably be sunny when I leave my dorm, but by the time I get to [Deuxieme Maison], it will almost surely be raining cats and dogs."

The record amount of rain this year was in May, with 9.70 inches. September places second with approximately 3.75 inches, according to ClimateStations.com.

Jessica Peña, a sophomore linguistics major lives 20 minutes from the University and doesn't know what to expect of the weather until she gets there.

"I have an extra pair of clothes just in case it rains that day and I don't feel like driving home in damp clothing," said Peña. "Though, the wet clothes keep me cool when the sun starts blazing



ILLUSTRATION BY HOLLY MCCOACH

right after. Only in Miami."

For Matthew Ruiz, a junior music technology major, the heat and the rain affected more than his comfort.

"This summer, mine and four of my friends' car batteries died because of the heat. I found that weird," said Ruiz. "I hated that it rained so much, and because of it, we had to cancel a lot of marching

band rehearsals. This forced us to learn our shows at the last minute."

Sophomore sociology major, Santiago Hernandez, credits his longboard for relieving him from the heat.

"If it wasn't for my longboard getting me to class quickly, I would be breaking a sweat just being outside in between classes,"

said Hernandez.

Although the heat has peaked in the 90s since June, November should see slightly cooler temperatures, from 78 to 83 degrees, according to AccuWeather.com.

As for the rain, umbrellas will continue to be useful up until the end of October.

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## COVER TO COVER

# Veronica Roth's 'Divergent' is a dystopian debut

Divided between the life she safely knows and the life she desperately wishes to lead,

Beatrice Prior must face her fears in a battle of self-doubt, warring factions, and a suppressive society to make her vision of the perfect life come true.

Veronica Roth may follow almost every cookie-cutter rule to writing a present day dystopian novel, however her ability to capture audiences from the start and keep a high pace throughout the majority of the novel, makes her debut novel "Divergent" a good choice for reader's looking for a simple, entertaining read.

Set in a futuristic version of Chicago, life for 16-year-old protagonist Beatrice consists of finding her place in her split

society.

Five groups, or factions, frame the entirety of the city and each takes a special interest for one common virtue, such as the Abnegation faction Beatrice was born into that focuses their people to be unwaveringly selfless.

After many an internal struggle and a shocking discovery, Beatrice, later taking on the name "Tris," makes the unthinkable decision of turning away from her home faction and becoming what she has always wanted—Dauntless, the faction of the brave.

When Tris starts her initiations into the faction of her dreams, she finds that, along with a reputation of being brave, the Dauntless have an impulse for the completely reckless, that consists of jumping off trains and really high places.

As time passes, however, the young heroine discovers an underlying struggle that threatens her and everyone she loves.

Understandably, for all of Roth's first novel efforts this novel was exactly what it aimed to be, a teen dystopian novel. Nothing more, nothing less. The majority of the story's plot and characters were somewhat lacking in originality including but not limited to having

a small cast of undynamic supporting characters, and a "I-saw-it-coming-a-mile-away" teen romance that envelopes.

However, within reading the first chapters of "Divergent," readers will be entranced by Roth's fast-paced phrases and vivid action scenes.

"I'm not one to read that many books," said Laura Simmons, a senior physical education major. "But this one got me asking for a sequel right away. So happy it came out already, because the ending was unbearable."

-marcy.diaz@fiusm.com

## CALENDAR

### FALL 2012 EVENTS

WEDNESDAY, OCT. 24

#### CAMPUS SUSTAINABILITY DAY

WHEN: All day  
HOW MUCH: Free  
WHERE: MMC

#### FIU ORGANIC FARMERS MARKET

WHEN: 12:00 p.m. to 3:00 p.m.  
HOW MUCH: Free  
WHERE: MMC Green Library Breezeway

#### COLLEGE WRITING WITH WORD

WHEN: All day  
HOW MUCH: Free to students  
WHERE: BBC AC1-393

#### PHOTOSHOP ESSENTIALS

WHEN: 11:00 a.m. to 12:00 p.m.  
HOW MUCH: Free to students  
WHERE: BBC AC1-393

THURSDAY, OCT. 25

#### NATURE PRESERVE VOLUNTEER DAY

WHEN: 10:00 to 11:00 a.m.  
HOW MUCH: Free  
WHERE: MMC Nature Preserve

#### FIU WOMEN'S BASKETBALL VS UNIVERSITY OF QUEBEC

WHEN: 6:00 p.m. to 9:00 p.m.  
HOW MUCH: Free  
WHERE: MMC U.S. Century Bank Arena

#### EMRA 2012 CONFERENCE RECAP

WHEN: 12:00 p.m.  
HOW MUCH: Free  
WHERE: MMC AHC2-170

#### LECTURER: MONICA VAZQUEZ

WHEN: 5:00 to 6:30 p.m.  
HOW MUCH: Free  
WHERE: MMC PCA 135

To have your event featured, please email [calendar@fiusm.com](mailto:calendar@fiusm.com)

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## WOMEN'S SOCCER

# Season finishes with rivalry game on the road

**MICHAEL ORTEGA**  
*Contributing Writer*

FIU took home field for the last time on Sunday and shut out the University of Arkansas Little Rock. However, this wasn't only the final home game of the season, but the final home game ever for a few of the athletes.

"We knew what this game meant for the team and how important it was for the girls that were leaving," said sophomore midfielder Johanna Volz. "This was a must-win game for us."

The Panthers (10-5-2, 7-1-1 SBC) came out showing great offense and strong defense. On offense, the team took a quick six-goal lead in the first half, the most in a half so far this season.

"We focused on attacking this game. We didn't want to let up the pressure," said sophomore midfielder Scarlett Montoya. "We have been focusing on offense in practice all week and it showed this weekend."

As the game came to an end and FIU ensured the win over UALR 7-0, emotions took over the team and fans who knew this was the last home game for some. As the team rejoiced over the win and inched another step closer to the conference tournament, some girls could only think back



JONATHAN SEGAL/THE BEACON

The Panthers scored six first half goals against UALR on Oct. 21. They finished the game with a 7-0 win. to their careers here at the FIU Soccer Field.

Among them was senior goalkeeper Kaitlyn Savage who was honored before the game.

She finishes her career with an outstanding home record of 22-5-2, which helped lead FIU to the top of the conference for four

years straight. She also led FIU to the conference tournament and to an NCAA tournament last year.

"It felt great to be a part of this team and the whole FIU organization. I am sure proud to leave this team and know that I helped in its growth and development for the future," Savage said. "I know this

was my last home game but we still have a season to finish and that's all that's on my mind now."

After all of the emotions of this game, the only thing on the girls' minds is to finish this season a head and ready to win the conference tournament.

Though FIU is already guar-

anteed a spot in the Sun Belt Conference tournament, it's a matter of deciding what seed they'll be. The Panthers sit in third place and a win against FAU on Oct. 25 will guarantee second place. If Middle Tennessee loses to Western Kentucky on Friday, and FIU beats FAU, the Panthers tie for first.

"FAU is a team with a lot of pride and always well coached; they are a team we cannot sleep on," said Head Coach Thomas Chestnutt. "They have nothing to lose so you know they are going to come out and play hard. We are going to be ready for them."

On defense, the Panthers will have to watch out for Claire Emslie with 10 goals, which is one more goal than FIU's lead offensive player Montoya who has nine.

FIU's strategy against FAU will be offense. In the last three games, the Panthers have shot almost 100 times.

The Owls are 5-11-0 overall and are in eighth place in the conference, but that doesn't mean much to them or FIU.

"We know we have to come out with a win here and it's not going to be easy on the road but we will do it," said Volz.

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## WOMEN'S BASKETBALL

# Coach criticizes home attendance as season approaches

## BASKETBALL, PAGE 1

Russo and her staff have implemented some unique rules within her practices in order to establish focus and intensity.

When explaining a specific drill or scheme in practice, Russo designates a couple of minutes for questions on whatever it may be that they are going over.

Once that time period is up, no more questions are allowed and if the players do not know how to continue, they get pulled out of the drill and could eventually be sent home.

"They are a multitask type of generation, but they don't do anything really well," Russo said.

### ALL EYES ON COLEY

This year, junior guard Jerica Coley will have to live with the fact that every opponent she faces will be concentrating fiercely on her. Last season as a sophomore, Coley was sixth in the nation in scoring, while averaging 23.4 points per game.

Coley was also the Sun Belt Conference Player of the Year in 2011 and named Associate Press All-America Honorable Mention. Coley also led FIU in rebounds, assists and blocks.

"I told her you know what a target looks like, like if you go to shop at Target, that's what's on your back," Russo said.

Coley's transition into her junior year will be an interesting one. One of Coley's



BEACON FILE PHOTO

Head coach Cindy Russo is upset that her team is more excited to play on the road because of the lack of fan support at U.S. Century Bank Arena.

responsibilities this year is to become the leader of the squad as a junior. Despite this added pressure, Russo is confident she can succeed.

"She's about the coolest, calmest, collective kid," Russo said. "I'm working with her to be more of a leader and not try and do everything her own self because she will take everything on her own shoulders."

### ANYBODY HOME?

Last year, only around 368 fans showed

up to every home game at the U.S. Century Bank Arena, third worst in the conference. The total attendance for all 16 home games was 6,624 fans.

A home crowd is supposed to fire up the home team and create sparks throughout the games that will help them pull off a victory. This is something that can be seldom said about the crowd at FIU.

"It's horrible, horrible, horrible," said Russo. "I think we look forward to going away at times because at least we play in

front of fans. And that's sad."

I feel so bad for the kids because they just practice so hard and there's nobody there and they're always late if they do come," Russo said. "Sometimes we don't even have enough people before the game to throw t-shirts out to. That's sad. Sometimes, we have to throw two to one person. It's not a bad team, because forget it, they won't support a losing team."

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## VOLLEYBALL

# FIU picks up two wins as season begins to wind down

**JONATHAN JACOBSSKIND**  
*Staff Writer*

If FIU's record was based on optimism and not its performance on the volleyball court, the Panthers would be undefeated.

After two crucial wins against University of Louisiana Monroe and North Texas, FIU (7-15, 4-6 SBC) retains high hopes as the season comes to an end.

"Winning helps everything. Even when we were losing, our mindset was in a good place. A lot of teams would take the losses that we had and quit, but we don't feel like our bunch has done that," said Assistant Coach Travers Green. "Our team moral and optimism was probably what led to those wins this weekend...I think things look like they're slowly beginning to turn around."

It seems as if the coaching staff finally found a new formation to run with. All week in practice, the squad scrambled in and out of position with some players playing completely out of their normal spots in order to gel together as a cohesive unit.

"Throughout the course of the season, we've been running two different systems, a 6-2, which is a two-setter offense,

and a 5-1 which is a one-setter offense. Due to a lot of the injuries we've had kind of had to switch back and forth to find what is going to work best for us," Green said. "Last week when we switched in a 5-1...we saw some things that we liked, so then we just decided to be more consistent with our lineup and use it moving forward."

After beginning the season on a boiling start, freshman Ashlee Hodgskin has seen her playing time drop because she did not dress for the matches against North Texas and ULM. Hodgskin was the team's leading setter before she was forced to sit after being hampered by a knee and back injury.

Because of Hodgskin's inactive status, the coaching staff expects senior setter Renele Forde to be the cornerstone of this newly implemented lineup. Forde, who was sidelined with an abdominal injury for a few weeks this season has returned with a vengeance and has given the team the spark of energy, along with the senior leadership, the team urgently needed.

As the season continues to truck along, there still has not been a Jovana Bjelica sighting. Bjelica, who is expected to graduate after this season,

would be eligible to return for a fifth year pending if she is granted a red shirt by the NCAA. "Red-shirting" athletes gives them an extra year to play for a team, usually because they were injured one entire year or had academic issues.

That decision, though, rests on the coaching staff; they can either bring the All Sun Belt outside hitter back for the remainder of the year, or leave Bjelica in the bench and prep her up for a strong return in 2013.

"We do not know yet exactly what we're going to do with Jovana. We're still hoping she can return this season. But if she doesn't, we'll discuss the options at that time," Travers said.

With the 2012 season being

a down year for FIU's standards, possible recruits have also taken notice. However, with the possibility of being able to come in and play right way as well as the move to Conference USA, recruits are unfazed by the overall record and are sold on

what the program has to offer.

"We are very optimistic of who we are going to bring in. We have told a lot of our recruits that with the coaching change, it's going to take a little bit of time to change the culture and they were receptive to that," Travers

said. "The recruits are equally excited that we are going to be able to change things around and the move into Conference USA has definitely assisted us with the recruiting process."

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## GOING THE WRONG WAY



JASEN DELGADO/THE BEACON

Despite Lucas Di Croy (above) scoring his first goal of the year against Kentucky, the Panthers were blown out on the road 5-1 by the Wildcats.

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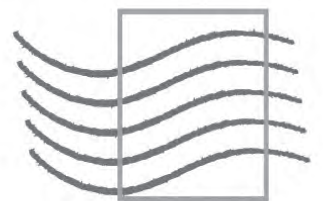
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- How Minority Students Succeed (Concurrent Sessions for Prelaw Advisors and Prospective Students)
- Law Fair: Opportunity to Meet with Law School Representatives





# ORGANIC MATTER

## The diet and price of healthier foods for students

**JOEY CRUZ**  
*Staff Writer*

American people are the most obese people in the world and some might think it's because unhealthy food costs much less than healthier and organic options.

The misconception is understandable.

Over 35 percent of U.S. citizens are overweight, according to the Centers for Disease Control and Prevention.

Organic fruits and vegetables are grown free of pesticides.

Angie Placeres, a nutritionist and a visiting instructor of dietetics and nutrition, said the prices are not the problem.

"It definitely may cost more if you eat or shop organic, but organization and planning for the week are easy ways to eat healthier and save money," Placeres said.

Placeres is no stranger to a fast paced lifestyle.

She has to feed her family after commuting to hospitals from college campuses.

She buys large meals to share and saves leftovers. She buys fruit in bulk that are on sale for the week and packs lunches as much as possible.

Some people often go to fast food places because they are cheaper and come out faster.

"I always tell my patients, if they eat fast food to maintain conscious choices 'eat grilled chicken rather than breaded, try eating salads with light dressing and avoid fatty foods like burgers and fries,'" Placeres said.



BARBARA CORBELLINI DUARTE/THE BEACON

Whole Foods Market organic fruits and vegetables, grown free of pesticides, cost 20 percent more than the conventionally grown store produce.

Placeres said that most fast food restaurants have choice menus.

Javier Carlin, a senior biology major is a regular customer at Salad Creations in PG5 at Modesto Maidique campus.

"A burrito at Moe's costs the same or more than a salad at Salad Creations," Carlin said.

He recently started eating healthier, but currently does not plan out his eating habits. He admits cheating in between classes at

times by snacking on chips or candy bars.

"If I planned and packed lunch, I could make food for the week for what I would pay for two salads here," Carlin said.

He spends between \$10 to \$14 a day on two meals.

Valerie Macias, a sophomore hospitality major, has been a vegetarian for more than a year.

She shop for groceries every Sunday, buying everything she needs for the week.

Macias spends around \$50 a week on organic groceries.

She packs salads for lunch, as well as blended juices as snacks throughout her day.

Macias said she feels better than she did before she became vegetarian and is saving money in the process.

"I used to spend up to \$20 a day on fast food and eating out," Macias said. "I cut that number in half just by avoiding laziness and going food shopping."

Organic foods are more expensive than the generic brands.

Foods in Publix's organic brand, GreenWise, do not have chemicals and are organic certified by the U.S. Department of Agriculture.

GreenWise mayonnaise is currently priced at \$5.39 for the 22-ounce bottle, compared to the generic Publix mayonnaise, which costs \$3.49.

A GreenWise chicken costs \$5 versus a \$4 generic publix brand chicken.

A GreenWise half gallon milk costs \$4 while the generic publix brand costs \$3.49.

They contain more nutrients, vitamins and contain fewer calories than the generic brands.

Placeres feels that there are too many food options in this country. She agrees with breaking the boundaries every once in awhile.

"Don't think of cheating your diet as cheating," Placeres said. "Think of it as breaking the rules in moderation."

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### PREVIEW

## Club fair gets spooky

**LORDANA GUILLAUME**  
*Contributing Writer*

Panther Square will soon be "BOOOO-ming" with activity come Halloween Day.

The Student Organizations Council is gearing up for its Halloween Club Fair, set for Wednesday, Oct. 31 complete with a Halloween theme from 1 p.m.-3 p.m. in Panther Square in Wolfe University Center.

Most Biscayne Bay Campus clubs are set for attendance at the fair, including 16 newly created clubs on campus.

Michael Aquino, president of SOC, is expecting around 200 students to show up for the event, which would be about double the amount of students that showed up for the fair last year.

Last year's club fair had activities like a henna tattoo station and pumpkin bowling. There were also Halloween-themed foods including candied apples.

This year the Halloween factor will be amped up.

There will be photo opportunities with a live tarantula, face and mask painting, and candied apples and caramel popcorn will be served.

Aurelia Luchkan, asian studies

major and part of the Drama Club on campus, is not sure whether or not her club will be participating in the club fair, but will stop by to check out the festivities in between classes, especially the face painting.

The Halloween theme aims to bring a spooky air to campus as participants will be dressed up in costumes.

"We encourage organizations and students to dress up for the occasion," Aquino said. "We also will be having Halloween-themed activities at every booth, including games and trivia."

There will also be a costume contest. Sophomore Farida Quant, civil engineering major, is excited for the club fair.

"I'm most excited for the costume contest and the live tarantula," Quant said. "I want to see it but I won't touch it."

Anticipation for the fair is building, but Halloween won't be Halloween without the traditional trick-or-treat routine.

As to whether there will be any tricks or treats at the SOC Club Fair, Aquino said there will be lots of little treats given out but for tricks he said, "you'll just have to wait and see."

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## A STROKE OF THE BAY



SANA ULLAH/THE BEACON

Amairani Aleman, a sophomore studying nutrition, sat by the Bay and painted a landscape for a midterm for her beginning painting class.