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PANTHERS WIN HOME OPENER



MEGAN TAIT/THE BEACON

The Panthers won their home opening game against North Carolina Central University on Saturday, Sept. 19 with the score 39-14 and 242 yards and three touchdowns passing by quarterback Alex McGough. The next home game will be against University of Texas at El Paso on Saturday, Oct. 10.

SGA tackles financial aid in Tallahassee

JEFFREY PIERRE

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Student government leaders from every public university in Florida will meet later this month in Tallahassee to review state policies that many say limit the access of post-secondary education.

Alongside student debt, loan repayment and the increasing cost of tuition, Student Government President Alexis Calatayud said University representatives plan to make financial aid a key issue at Polithon, a traveling forum that helps young adults become policy changers.

“The largest issue is the diminishing amount of financial aid available to students, particularly students from low-income families and minority backgrounds,” Calatayud said.

Polithon will host the Florida Student Association (FSA), a non-partisan organization, on September 26 and 27. The focus for the 36 representatives - 3 students from each public university - will be to find common ground and draft a one-page proposal for the state legislature, Calatayud said.

Higher education has been a hot button issue among Florida lawmakers. The U.S. Department of Education’s Office for Civil Rights found “insufficient evidence of a legal violation” in a December 2014 decision.

Governor Rick Scott was criticized by state democrats in January after he proposed to expand the Bright Futures Scholarship by \$23.5 million to cover summer classes. Scott, who saved the state over \$200 million by increasing eligibility for the scholarship, failed to address

how the cutback disproportionately affected some students in his plan.

In terms of college attainment for minority students, Calatayud said, “The biggest obstacle is money.”

Attainment rates for African Americans are as low as 27 percent with Native American at 23 percent and Latino Americans at 20 percent. 2013 showed that, at almost 60 percent, Asian Americans had the highest attainment rate; whites were second with 44 percent.

Trends show, nationally and statewide, that college attainment is slowly improving, but not enough. According to the Lumina Foundation, a higher-ed advocacy group, by 2020, two thirds of all jobs will require post-secondary education.

“By current levels, we will only produce a workforce where only 45 percent have degrees,” Calatayud said. “Florida needs more educated people.”

Added cuts to financial aid will take the University’s graduation rate of 54 percent and make a college degree even tougher, she said.

State projections predicted that an estimated 116,000 students received about \$260 million in scholarships for the 2015-16 year. That’s 10 percent less than 2014-15 and 24 percent less than the 2013-14 year.

“We just need to help the people in the system graduate,” Calatayud said.

While tuition rates have increased over 67 percent since the Great Recession in Florida’s public four-year universities, a report by Young Invincibles cited a dramatic decrease in the Bright Futures program.

SEE SGA, PAGE 2

University offers lockers for rent

YOVELYN RODRIGUEZ & CAMILA FERNANDEZ

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Robert Frye said University lockers had a buildup of dust and spoiled food for years.

“Soda bottles were half full and we found a 1993 Beacon [issue] in the lockers,” said Frye, Wellness and Recreation director at the Modesto A. Maidique Campus. “It got really nasty over the years.”

He said the library administration approached him a year ago with an invitation to take responsibility for managing the locker rental service.

Patricia Villasuso, library operations executive assistant, said the lockers used to belong to FIU College of Law, but when the College decided it did not want the lockers any longer, they were left behind.

When Anne Prestamo took the position of Dean of the Libraries, she met with Academic Space Management and Student Affairs to decide that the lockers in the Green Library and in Owa Ehan would be managed by WRC.

Villasuso said the lockers on the first floor of the library

have never been under the administration of the library, however. The space there is rented out to various entities, and all decisions rest with the Office of Academic Space Management.

Students in the past would leave lockers locked without cleaning them up, Frye said. All the lockers were kept locked, so nobody used them.

“Nobody really controlled them.”

Frye accepted the invitation to take charge of the service and commissioned the University’s custodial services to clean up the lockers fall 2013. Students who were using the lockers had a three-week notice to remove their belongings.

The lockers were officially managed by the WRC spring 2014. The Center provides two new options for student storage space around the main campus -- in conjunction to the lockers in the Green Library and Owa Ehan.

“We bought locks to put in there, so they are all consistent locks,” said Frye.

According to Frye, the Center invested \$2,000 in locks for the 340 combined lockers.

The budget includes the purchase of plastic signs,

which are attached to the ends of the lockers’ rows and engraved with details on the amount of time that the lockers can be rented.

The lockers come equipped with their own lock and combinations.

Faculty and staff at the University can rent the lockers, but Frye thinks the service is most practical for students.

Students who choose to use the service must sign a rental contract in which they agree to hold that “only FIU-assigned locks are permitted on the lockers.”

He said the lockers are about halfway full.

The contract also states that “items designated by FIU as illegal substances” or “non-permitted” may not be stored in the lockers. Illegal items include drugs, weapons and contraband.

Frye hopes that graduate students take advantage of the rental service.

Students Krystal Fuster and Pablo Davila think that this service is beneficial to the student community.

“Some people need to carry their books back and forth and

SEE RENT, PAGE 2

NATION & WORLD BRIEFS

US, Russia to seek common military ground in Syria

The United States and Russia agreed Friday to consider potential areas of military cooperation in civil war-wracked Syria as a powerful al-Qaida-allied rebel group vowed to “defeat” the expanding Russian military force that is being deployed in northwestern Syria. The agreement to hold military-to-military talks in parallel with diplomatic consultations was reached in a telephone conversation between Defense Secretary Ashton Carter and his Russian counterpart, Sergei Shoigu, the first time they’ve spoken since Carter took his post seven months ago, a Pentagon statement said.

Feds appeal family detention ruling

Federal officials will fight for their right to continue to lock up mothers and children in family detention centers. The Justice Department filed an appeal with the 9th U.S. Circuit Court of Appeals on Friday after a federal judge ruled that the Obama administration must release thousands of detained children with their mothers, who say they’re fleeing violence in their home countries. The Department of Homeland Security did not file an emergency stay of the judge’s ruling, however.

Pope reminds Castro that improvement in ties with US is a process

Pope Francis hailed the resumption of diplomatic ties between the United States and Cuba as an ongoing process and denounced global wars in his first address in Cuba on Saturday. Pope Francis arrived in Cuba at the start of an historic nine-day trip that is also set to take him to the United States. “For some months now, we have witnessed an event which fills us with hope: the process of normalizing relations between two peoples following years of estrangement. It is a process,” Francis said of the two neighbors after landing in Havana’s Jose Marti International Airport.

Cash running out for refugee aid as European crisis grows, UN says

The outpouring of sympathy and expressions of concern for the plight of hundreds of thousands who’ve fled the Syrian civil war to reach Europe has not translated into financial support for international humanitarian aid intended to help the refugees still in the countries that border Syria. U.N. officials this week said that their calls for contributions to provide food, shelter and clothing to the estimated 12 million Syrians displaced by the conflict, including 4 million who’ve fled to Jordan, Lebanon and Turkey, remain largely unanswered.

Fitness apps, students switch to virtual trainers

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Lauren Landera said she hired a personal trainer to be more fit. After she quit her job, she was forced to switch to a virtual coach.

She is one of many women who use fitness apps for cardio and strength training routines. The majority of the apps feature female trainers, according to the Washington Post.

Apps include Spitfire Athlete, Nike Training Club, Fitocracy and Workout Trainer. They range from nutrition to muscle targeting and some take the place of a personal trainer.

Landera uses Abs & Core Sworkit, an app by Nexercise that lets users sync their workout lengths, calories burned and workout type directly to Apple’s Health app. It also guides users through video exercises demonstrated by professional personal trainers.

“I like it because it gives me an ab routine for as many minutes as I want,” said Landera, a senior health service and administration major. “It shows me exactly how to perform each exercise, and at the end it tells me how many calories I burned.”

Sworkit is free and accessible and while it isn’t as thorough as a face-to-face trainer, she said it’s a good substitute to keep her active. Despite the app’s accessibility, Bogdan Carbutar, a School of Computing and Information Sciences professor said there

are privacy and security issues. Carbutar and the School worked together to hack a popular fitness app, FitBit. The app requires users to log calories, weight, food plan and to record your sleep. They were able to access private information of the users and manipulate the app.

“I believe privacy and security are important concerns. Apps can collect significant sensitive information from the user, then use it in ways the user might not approve of,” said Carbutar. “Some fitness apps could also be malicious and harm the device and user.”

Among top 20 free apps, 75 percent of free iOS apps and 80 percent of free Android apps have been hacked, according to a 2014 report by Arxan, a software developer. Arxan also reported that 97 percent of the top 100 paid Android apps and 87 percent of the top 100 paid iOS apps have also been hacked.

Lia Giannine said fitness programs offered at the Wellness and Recreation Center values the use of fitness apps if used appropriately and effectively. She said a big issue is the persistence of people using the apps and only applying what they learn, and not so much relying on them.

“If it makes a sedentary person work out, then great,” said Giannine, WRC assistant director of fitness programs at the Modesto A. Maidique Campus.

“Even manually entering what you’re eating is making you more aware,” she said.

Giannine said she doesn’t use apps regularly when she works out because she is already familiar with most of the information they provide.

She said people could benefit most from nutrition apps or specific muscle-targeting apps. Some people want to get rid of a particular body fat and they do not know targeting workout routines, said Giannine.

“Some people just don’t know.” In these cases, apps can be helpful, she said.

Fitness apps help students gain or lose weight, while others try to incorporate healthier foods to get rid of junk food from their diet.

Ratasha Iribarren, WRC student assistant at the main campus, is a personal trainer. She said she recommends the app MyFitnessPal to her clients. Its calorie counter and diet tracker features help users be more aware of their regular diet.

“With that social component, I can see what my clients are eating and I can make suggestions,” said Iribarren, an FIU alumna.

She said she also uses the app to show her clients what she eats and to track her calories.

Vanessa Ensenat said she uses MyFitnessPal and said that it is tedious to manually put in her food intake.

Ensenat, a senior nutrition major, said she uses the app to gain weight and it showed her that her problem was that she ate too little for her goal.

SGA in Tallahassee

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“In 2010, Florida allocated \$424 million to Bright Futures. In 2015, the legislature allocated only \$266 million, a 37 percent cut,” the report said. “The program used to cover one out of every three students. Today, it covers only one in eight.”

SGA Lobbying Coordinator Juan Gilces said state legislatures also spend tax dollars to help students at private universities pay for school. He said public grants for private school has recently been increased.

Gilces, who will join Calatayud and Senate

Speaker Alian Callazo in Tallahassee, said public universities need to be the priority but the financial aid discussion an issue about fairness.

“We’re all just coming together as students to address the issues, but private institutions have done this before. They have little more experience in this,” Gilces said. “Private institutions have a strong” - especially in lobbying - “presence in Tallahassee.”

The next step for Calatayud, who was voted internal vice chair for FSA last spring, is to take a state progress report to a national level.

“We need to think big,” Calatayud said. “We can think bold.”

Wellness Center manages lockers for rent

RENT, PAGE 1

they might be too heavy,” said Davila, a junior recreational therapy major.

Fuster, a freshman history major, doesn’t need a locker but thinks it’ll be good for other students.

“I’m pretty good with my

backpack, because I don’t have a bunch of textbooks to bring,” she said. “But I know there are students who have a lot of items to bring to school. [The lockers] could be really useful for them.”

The lockers at GL can be rented for \$20 per semester or \$35 per year. The lockers at OE can be rented for \$15 per

semester or \$25 per year.

Annual rentals can start at any point of the academic year - up until the last day of summer B.

Semester rentals can be made at any point throughout the semester after the first day of that semester and until the last day of that semester’s Finals Week.

THE BEACON æ

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Deciding a major should be based on more than just money

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With so many students under pressure to enter fields promising financial prosperity, immediate returns on their investments in education and bragging rights for their parents, the humanities have suffered a popularity shift.

This is understandably so as the cost of higher education is on the rise - surging 538% since 1985. Many majors outweigh others in terms of immediate financial return.

Parents are usually thrilled to hear their child say they intend on majoring in any STEM field - STEM meaning Science Technology Engineering and Mathematics; but the student who

proclaims a desire to pursue an education in the humanities is often met with a very different reaction.

The economic anxieties of undergraduates are narrowing the concept of education into something that will provide them with quick financial return on their degrees, booting the humanities off the list of majors that will provide immediate applicable skills in favor of STEM fields.

It is important to note that the rewards of the humanities are not always instant and straightforward, causing the department to suffer, but are very pertinent to an ocean of pursuits.

The obscured value of the humanities has made way for a bad reputation and criticism, even from President Barack Obama who in Jan. 2014 said that: "...folks can

make a lot more, potentially, with skilled manufacturing or the trades than they might with an art history degree. Now, nothing wrong with an art history degree -- I love art history. So I don't want to get a bunch of emails from everybody..."

Every time people learn of my decision to major in English, I am met with two different responses, both of which are equally frustrating. Some will say: "So, what are you going to do for money? Teach?" to which I would politely shrug and muster a "maybe" through the internal screaming.

Others will place their hand on my shoulder, concerned for my well being, and tell me how they "want me to be able to support myself." This is the part where I thank them, if they're being sincere, and explain that everyone, no matter who they are, faces the issue of job security.

There are very few secure jobs for anyone, and I would be more okay with being jobless and having majored in something I genuinely care about, something that made me happy for the four years I was able to indulge in it, than jobless and holding a degree that I worked towards in hopes of being more employable.

The assumption that humanities majors will have it hard in a doomed economy seems to be the standard idea among many, but things aren't actually all that bad for us.

In a 2010-2011 survey conducted by the Georgetown Center on Education and the Workforce, it was revealed that the prospects of unemployment for recent humanities graduates was 9 percent, right with the prospects for those graduating from science and math fields at 9.1 percent.

Some will still argue that the humanities are a dying pursuit in these changing times, and this could be supported by the massive drop of students between the years 1970 and 1985, when computers were becoming more accessible. The enrollment in the humanities fell off a cliff from holding 17.2 percent of all bachelor's degrees, to as little as 7 percent by 1985.

By 2011, the number of bachelor's degrees had stabilized to 6.9 percent. This drop in enrollment is not the byproduct of a mass revelation that the humanities will become useless, though. The decline could be attributed to a number of things, including the increased use of computers, and women's desires to veer away from the educational pursuits commonly

thought to be more "feminine" in favor of more male dominated fields.

Yes, times have changed, but the humanities are still very valuable to our society.

The humanities seek to comprehend and explain the cultural, social and emotional realms of the human experience. In a way, it is like biology--the study of life--but from an emotional perspective. It is more the study of humanness.

A fundamental aspect of the humanities is the requirement to write clearly, concisely. The ability to write is as fundamental to the humanities as basic math and science would be to the STEM fields. Writing is about developing clear communication, clear thinking, clear expression, about developing graceful dialogue in our conversation with the world. There are endless employment opportunities for clear communicators, thinkers and writers.

Literature, for the longest time, has provided us with an understanding of humanity. This understanding is still relevant, it will be relevant for as long as we are human. So what greater education than understanding ourselves?

Leon Wieseltier, American writer, critic, philosopher and literary editor of The New Republic addressed this in 2013, asking: "Has there ever been a moment in American life where the humanities were cherished less, and has there ever been a moment in American life when humanities were needed more?"

The search for practical degrees has changed the realm of higher education in a massive way. We are now seeking degrees that will land us money-making jobs, and pull us out of the college generated debt from obtaining them.

Economic survival is not the sole product of what major you claim. Your major will only provide the groundwork and habitat to the personal effort you put forth. Those who will thrive are the self-motivated individuals who possess the ability to think dynamically, and the skill to clearly articulate their thoughts, regardless of their intended career path.

After all, your major will not get you a job, you and your efforts get you a job.

THE BEACON | Editorial

The FIU Alert System

As FIU students we are all familiar with the FIU Alert system. If there's a disturbance on campus, students can expect a notification from the system via text, phone call or email. Some students can even attest to being notified via social media. However, students and staff alike are starting to be concerned by what seems like a lack of consistency in the FIU Alert system.

On Monday, Sept. 14 our writers at The Beacon broke the story that there was a man with a foot fetish sniffing women's feet in the Green Library. The next day, the culprit was arrested by Miami-Dade authorities.

Students never received a notification, and only knew about the incident through The Beacon and local news. The incident was shrugged off as a laughable occurrence but the situation is actually quite serious.

The arrested culprit was identified as Eddy Juan, a registered sex-offender and the foot-sniffing incident had actually occurred about two weeks before the story broke. There was a registered sex-offender on campus in the Green Library and for two weeks no one received any type of notification.

On Wednesday, Sept. 2 a frightening situation occurred at the Wolfe University Center on the Biscayne Bay Campus. A student had a dispute in the building's game room and angrily left after promising to come back later with a firearm.

As a precaution, everyone was evacuated from the room. The student came back and demanded to be let in. The student was later apprehended at his home by authorities. As of right now, no one is sure as to whether or not a firearm was involved.

What we do know for sure is that the vast majority of students did not receive an FIU Alert about the incident. Some speculate that an alert was never sent out so as to avoid a campus-wide panic.

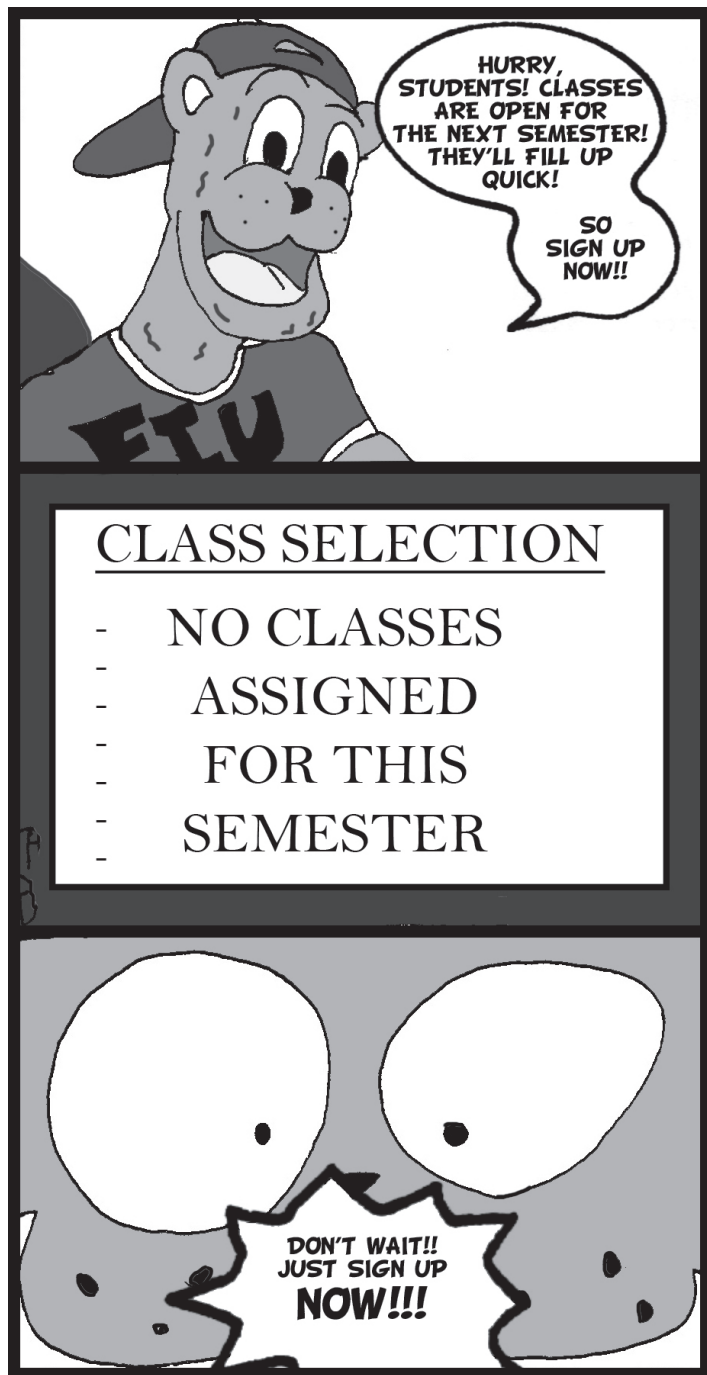
Others believe that many students are not subscribed to the FIU Alert service and simply missed the notification. The alert system can be a bit of an annoyance so it shouldn't be a surprise that many students have unsubscribed to the service.

Whatever the case may be, we at The Beacon want all FIU students to stay safe and observant. If you see any suspicious behavior, please alert the proper authorities as soon as possible.

Most importantly, make sure you are subscribed to the FIU Alert system so that you can receive calls, texts or emails about happenings around campus.

Though we know receiving an unwanted alert during class is frustrating, your safety should always be your top priority. Stay safe, stay informed, and stay vigilant.

#STUDENTPROBS



SAMUEL PRITCHARD-TORRES / THE BEACON

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Del Rey's 'Honeymoon' is a 'rebirth album'

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Since her 2011 breakthrough with "Video Games," Lana Del Rey has carved a name for herself through her strong sense of individuality and clear vision for the art she wants to convey through her music.

C r o o n i n g over underlying trap beats and cinematic strings, she is not hiding behind hollywood glamour and artificial emotion. Her latest release, "Honeymoon," can be thought of as a hybrid of last year's "Ultraviolence" and her debut album, "Born to Die."

"Honeymoon" proves to be a rebirth album, in which Del Rey sheds her skin to reveal the most genuine and true form of herself. "We both know that it's

not fashionable to love me" is the first line she sings on the album, preparing us for what is the most honest we have seen Del Rey to date.

In "Honeymoon," Del Rey continues to make a conscious effort to warp time and bring new elements into her retro soundscapes. Del Rey once again puts her artistry to practice with another one of her takes on Nina Simone, with a more upbeat, slight 60s tinged version of "Don't Let Me Be Misunderstood."

Del Rey experiments with a sample of the T.S. Eliot poem "Burnt Norton," treating the literary work as a monologue. She makes references to David Bowie and Billie Holiday, and plays with elements of jazz and Spanish flare as in cuts like "Music To Watch Boys To," "Terrence Loves You," "God

Knows I Tried," "24" and "Salvatore."

Most notably, she layers her sultry vocals over a hiphop track on Honeymoon's lead single, "High By the Beach" and on "Freak" and "The Blackest Day" highlighting the signature "gangsta Nancy Sinatra" persona that helped make Del Rey so successful.

The album is a reflection of Del Rey's relationship with love itself and her evident yearning for true happiness. Every track is a carefully constructed story in which you can strip each one layer by layer musically, lyrically and thematically. The title track serves as a dark and daunting platform for the album, building the anticipation for what the rest of Honeymoon has in store.

"I lost myself when I lost you/ But I still got jazz when I've got those blues" as sung in "Terrence Loves You" is an example of the sense of melancholia and hopeless romance with trying to "find love in all the wrong places."

She comes to terms with not allowing herself to be permanently damaged by heartache and the weight of others, "On Monday they destroyed me, but by Friday I'm revived." In "Religion," Del Rey expresses how she lives her life through the love someone has for her.

A l t h o u g h demonstrating her vulnerability with 'Honeymoon', Del Rey manages to maintain the air of mystery and elusiveness she is known to intrigue audiences with.

Student spotlight: Daniella Bernal



PHOTO COURTESY OF DANIELLA BERNAL

Daniella Bernal, 20, is a junior mechanical engineering major.

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Being a college student is hard, no doubt about that. Balancing an education with a job or internship, a social life and however many hobbies are on the side is no easy feat and usually, one section has to suffer. Yet, for 18 year old junior mechanical engineering major Daniella Bernal, this is all in a day's work.

Bernal, who entered FIU at the age of 16 with a Presidential Scholarship, has been working hard to gain her education in mechanical and aerospace engineering so she can achieve her dream of working for SpaceX to make sustainable propulsion rockets to send into space.

"A couple of months before I started as a freshman at FIU, I took a family vacation to the Kennedy Space Center and I saw the rockets there. I saw a Saturn 5 rocket just sitting there and it just completely blew my mind," Bernal said. "That's when I knew I had to do something with space. I didn't know what, but something."

Aside from being a 4.0 GPA student, Bernal is also a founding member of the Aerospace Engineering club at FIU which went to a model rocketry competition in 2015 and won sixth place out of 75 teams and second place nationally, as well as a member of the American Society of Mechanical Engineers.

"Right now my involvements in school are the American Society of Mechanical Engineers and

under that branch we have a NASA student launch competition team called Pantherworks and this year I was elected team captain. In that competition we get the whole engineering experience," Bernal said. "It involves designing a rocket as well as an autonomous system to insert a payload into the rocket and the whole purpose is to try to innovate something great for future Mars missions. This year on our team we have a great collaboration between mechanical engineering, computer engineering and electrical engineering, we're really branching out this year."

The essence behind Bernal's motivation to excel in school and extra-curriculars that benefit her burgeoning career comes from her desire to be a part of something great in the future of space exploration.

"I think it's the idea of being a part of something that is so vast," Bernal said. "The reason why I want to do aerospace engineering, the reason I want to do propulsion specifically, is because space is so incredible. It's a field that we don't know much about. To think that you can play a part in making that discovery, that someday there might be a colony on Mars and you can say 'Oh, that engine was mine, I made that,' is an incredible inspiration."

Yet, it is not easy to do this by simple will alone, Bernal talks about her biggest supporters and in school mentors.

"My biggest supporters are my parents who have had to adjust to barely seeing me anymore

since I get home late and leave early to get work done. My little sister and brother, who love to see me working on my things," Bernal said. "In school, it's Dr. Mark Rosenberg who is always looking for opportunities for me and always believing in me. Brenezza DaParre, used to be Dr. Rosenberg's assistant and is now assistant vice president of institutional relations. She's given me advice all along and I really look up to her as a role model."

Bernal shares that the success of her work has been in learning how to manage her time effectively and learning how to delegate between her teammates. Knowing when to step back, she says, is one of the most important things one can learn.

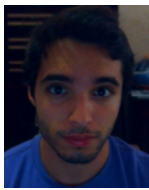
As a junior, Bernal is now looking into acquiring internships with aerospace engineering companies like SpaceX and Lockheed Martin to gain insights into the companies and increase her network, she is planning on going to engineering conventions throughout 2015 all across the country.

Bernal has a seemingly endless pool of motivation and a specific goal which is what she attributes to get her through her long hours and copious amounts of work throughout the past three years and even in her future.

"You always need to have a goal because that's what keeps you going. I don't think I could be so motivated all the time if I didn't know that I have my personal goal to have something in space by age 25."

Ketogenic diets require vast knowledge of nutrition

SDA HEALTH



DAVID PEREZ-ESPINOSA
Do you know that guy who used to weigh over 250 pounds a few months ago, who you saw walking around the other day at 170 pounds? That same guy who says he goes to the gym like once a week for spinning classes?

"Doctors hate him, find out how he broke the laws of nature and made up his own!" Yeah, that guy. Chances are, our mutual friend here is on a ketogenic diet. Most people recognize the Atkins Diet, South Beach diet and the Paleo Diet. Well, this is basically just a more scientific sounding name for the same thing.

A ketogenic diet is a low-carb, high-fat, adequate protein diet. The key is to keep your carb consumption at or below 50 grams per day to get your body to start something called ketosis.

During ketosis your body swaps fuel sources (glucose to

ketone bodies) and stops storing fat. Unfortunately there is a downside to this - it can take a while to get your body to start ketosis, about a month or more sometimes.

Meanwhile your body, much like a disappointed child on Christmas day, will stew in anger, sometimes violently, because it is not getting what it was expecting. If you survive the flu-like symptoms and energy drought long enough for your body to realize that getting a Harry Potter book for Christmas was not so bad, ketosis will begin and you will once again feel right as rain.

At this point, your body is no longer storing fat which is therefore melting away even if you are not exercising. This is not to say that you can sit on the couch and eat bacon all day and lose weight. Actually, yes, you can do that, but you should not because it is unhealthy.

This is where things get complicated. Your body requires X amount of vitamins and minerals daily and it is your job to make sure that you supply your body with the nutrients

it needs to operate as best as it can. A ketogenic diet is limited when it comes to fulfilling your nutrient quotas.

Many diets recommend against eating fruits, grains of any kind and eating out now becomes a game of Russian Roulette because as soon as you even smell a cheese burger your body will revert to its old ways and you will gain all that weight back as quickly as you lost it.

My take on the keto diet is: Although I will concede that it is indeed very possible to meet all your nutritional needs with this diet, unless you are extremely well educated in all but the minutia of this diet and have unwavering determination, this diet is not a good idea to follow. In other words if you learned anything from reading this, this diet is not for you. A well balanced diet will lead to a well balanced life.

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SDA Health is a weekly column that runs on Wednesdays and is written by members of the Student Dietetic Association.

specialTEA worth the splurge

BEACON BITS



GABBY ARZOLA

In a small shopping center across from MMC, there is a quaint little restaurant that I would have never expected to find.

With no large signs, specialTEA is a hole in the wall that is not the easiest to locate.

As I walk in, I feel like I've been transported to an urban-style restaurant that I would see in Wynwood—but definitely not around West Miami-Dade.

With their green walls, green sofas, brown leather seating booths and reclaimed wood tables, I couldn't believe this place existed right across from the campus.

This restaurant prides themselves on being environmentally conscious by using organic products and eco-friendly materials, which is always a plus.

With their extensive tea blends perched up against the wall, it was nearly impossible to pick just one to try.

Aside from tea, specialTea also serves Organic Fair Trade coffee, frappes, smoothies, a variety of homemade pastries, gourmet-style salads, paninis and wraps.

Did I mention they also have vegan and vegetarian options?

After about 10 minutes of deciding what I'd like, I ordered an "Arnaldo Palmer." Their Miami version of

the classic consists of half of their "daily steep" and half of their mint lemonade. Since the steep for that day was called Sangria Spice, I was extremely excited to see how this would taste.

I wanted to cover all of my bases, so I also got a tapenade toast, a chocolate chip cookie with Oreo crumbles, a small key lime pie, a lychee boba milk tea and a giant homemade peanut butter cup.

I was with a friend, so I felt secure enough to order all of this food without feeling judged by eavesdropping onlookers.

With the time it took for the food and drinks to come out, this is definitely a place to not be in a rush, which is nice, considering how most of us are always running around trying to get things done. With fun board games and free Wi-Fi provided by the restaurant, the waiting time flies by.

When the drinks came and I had a sip of my Arnaldo Palmer, I fell in love.

The sweet mint lemonade perfectly complimented the fruity Sangria Spice tea. It was full of flavor, perfectly sweetened and refreshing.

The lychee boba milk tea was tasty as well. Even though I found the boba pearls a bit smaller than I'm used to, it was still on par in regards to flavor.

As the tapenade toast arrived to the table, the aroma of a fresh pressed baguette filled the air. The bread was full of gooey mozzarella cheese with

a hearty smear of salty and savory tapenade spread, it was definitely a treat.

Needless to say, I felt pretty fancy eating this meal, especially considering I was across the street from the fairgrounds.

The chocolate chip cookie with Oreo crumbles was so yummy. It had the perfect ratio of chocolate chips to cookie and the Oreos were a nice touch. The key lime pie was rich and creamy and tasted really authentic. The giant homemade peanut butter cup was so rich, I couldn't finish it all. The peanut butter was soft and creamy, and the chocolate exterior was smooth and it melted in my mouth. I have zero complaints about any of the pastries here.

The specialTEA experience is unlike anything I've ever had around school. Every item was so unique, it only made my time there more enjoyable.

Even though their food is a little on the pricier side, it is definitely worth the occasional splurge. With a relaxing environment, sweet treats, savory meals and delicious tea, specialTEA is definitely a go-to spot for study groups and just about anyone who likes great food.

life@fiusm.com

Beacon Bits is a weekly food review column that comes out every Wednesday.

Good kid on 'The Fosters,' 'sadistic' bad kid in new indie

NINA METZ
TNS Staff

When I sat down with actor Gavin MacIntosh not long ago, I asked him to describe his first TV job as a day player, four years ago, on NBC's "Parks and Recreation."

Don't get too excited, he warned. "It was a small part. I played a Pawnee Ranger, a Boy Scout type kid, and I was only in the background. It was the director's decision to pick someone out of this group to walk up to Amy Poehler and ask her a question in the scene, and I wasn't picked. Another kid was picked, so I remember watching the episode and I saw a glimpse of myself, like a blur. Like: Oh, those are my shoes right there."

It didn't take long to progress to roles that featured his face, as well. Since 2013 he has played Connor on the ABC Family series "The Fosters," a show featuring a pair of interracial lesbian moms and their young family of biological, adopted and foster children. More recently, he was in Illinois this summer shooting an indie film two hours north-

west of Chicago in Jo Daviess County.

"It gets a little creepy at night," he said. "There are a lot of cornfields, and I don't know if you've seen 'Children of the Corn,' but I watched that right before I came. Bad idea."

MacIntosh is originally from Tucson, Ariz., and started acting at his mother's encouragement: "It was to break up my shyness. Like, I would go into Starbucks and the lady would say hi to me and I would hide behind my mom — I was that kind of kid."

A role in a local production of "The Music Man," he said, "broke me out of my shell. After that we started commuting out to Los Angeles for auditions. Commercials, TV, movies. I probably wouldn't have gone that path if my mom hadn't guided me. She saw that it was an interest. And she's really the one that paved the way and drove me there and back, there and back, there and back, three times a week. She spent so much money on that, and, looking back, I don't know how she did it."



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FOOTBALL



Panthers dominate Eagles, win opener

MEGAN TAIT/THE BEACON

Senior cornerback Richard Leonard prepares for a play in the Sept. 19 home opener against North Carolina Central University. The Panthers scored 39 points, and defensively held the Eagles to 38 yards rushing and 209 yards total during the game. Panthers take on Louisiana Tech on Saturday, Sept. 26 at 2:30 PM.

JACOB SPIWAK
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The atmosphere was electric at FIU Stadium on Saturday night, as the Panthers (2-1) dominated the North Carolina Central University Eagles (1-2) by a final score of 39-14. It was the first home game of the year for FIU and the 16,567 fans who were in attendance were the most at an FIU home game since 2013.

I predicted FIU to control the game on both sides of the field and I couldn't have been more correct. FIU played like the superior team right off the bat, jumping out to an early 12-0 lead after two Austin Taylor field goals and a 64-yard touchdown pass from Alex McGough to Dennis Turner.

McGough, who missed a wide open Turner on a

deep route just a few plays before the TD, discussed his thoughts after the game on the shot downfield that gave FIU even more momentum.

"The first one I got a little too excited on," McGough said, "and threw it about a thousand yards. But on the second one I calmed down and gave [Dennis Turner] a chance and obviously he took care of the rest."

Turner was visibly excited about the play post-game and shared how he prepared in practice to catch deep passes such as that.

"We've been practicing that all week and we've been hitting it all week," Turner said. "It was a big shot and there will be more to come."

FIU suffered a minor setback on their next offensive drive when Jaquell Taylor intercepted an Alex McGough pass and returned it 26 yards for a touchdown.

McGough described the pick six, which cut FIU's lead to 12-7, simply as a misread.

As the rest of the game went on, FIU moved past McGough's interception

and continued to impress on both sides of the ball. The Panthers outscored NC Central 27-7 after the pick six, and there was really never any doubt as to who

was going to get the win.

This was the first time all season where the Panthers' offense was able to move down the field almost at will and with that came a few

things we hadn't seen from McGough and his weapons. Most notably, McGough ran the ball a lot (eight rushes for 77 yards) and Anthony Jones scored the first touchdown of his collegiate career.

I was wondering exactly how the FIU coaching staff would work Jones into this game and how much playing time he'd get and he ended up lining up in the backfield quite a bit. There's no doubt in my mind that he'll be a star at FIU because of how multi-talented he is and he put that talent on display on his 26-yard touchdown run.

"I saw the cutback [on the touchdown run]," Jones explained, "and the offensive line did a great job kicking the guys outside; once I read that, I was gone. All of the credit goes to the offensive



MEGAN TAIT/THE BEACON

Junior tight end Jonnu Smith pushes through a tackle to improve the Panthers' field position. Smith is responsible for one of the three touchdowns made by the team.

SEE OPEN, PAGE 7

FOOTBALL

Injured in action, player sustains concussion

PETER HOLLAND JR.
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As the Panthers routed North Carolina Central Saturday night with a 39-14 victory making them 2-1, a scary moment happened late in the third quarter.

Junior safety Wilkerson Myrttil took a huge collision with a North Carolina Central player on a bubble screen play. Myrttil was on the ground without any

sudden movements for the first five minutes before regaining his limbs.

The stadium was in silence for 15 minutes when the Miami-Dade Fire Rescue ambulance showed up. At first, it was unclear who got injured or what happened during the play prior to that injury. Trainers and staff gathered around the injured safety leaving everyone wondering and worried if he will be okay.

After taking off his pads and helmet, the ambulance strapped in Myrttil as he was carried off in a stretcher and taken to the nearest hospital. After the game, Head Coach Ron Turner confirmed during the press conference that Wilkerson Myrttil sustained a concussion, but fortunately, it's nothing too serious and he will pull through. "He's going to be fine, he has a concussion," Turner said. "He was knocked out, but he was

moving and everything. I asked how bad it was and they said it's not that bad. He will go through a concussion protocol and see where he is heading. But he will be fine."

Senior defensive end and team captain Michael Wakefield let his teammates know that Myrttil will be fine after the game. He also shared his concerns during the press conference. "Anytime when one of our brothers go down, we really feel it,"

Wakefield said. "We work with each other everyday so it really hurts when you are concerned about what's wrong with him."

The status of how long Myrttil will be out is still uncertain. With their first home opening win and a 2-1 record, the Panthers will be back on the road this coming Saturday for their Conference-USA opening against Louisiana Tech. The game will start at 2:30 p.m.

VOLLEYBALL

Panthers win C-USA home opener

STEFANO RIVERA*Contributing Writer*
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The women's volleyball team finished the first day of the FIU Invite splitting its first two matchups, beating Bethune-Cookman 3-1 and losing to the University of Central Florida 0-3. Looking to finish the event and gain another victory, the Panthers were set to face off against Seattle University at 7 p.m.

The Panthers got off to a slow start, losing the first set 12-25. The team committed six errors, finished with a hitting percentage of -.061 and managed to only get five kills. However, the host team would get off to a hot start in the second set and bounce back and grab the set 25-17, forcing the Redhawks to a .000 hitting percentage, totalling six kills and six

errors.

After being asked if Head Coach, Rita Buck-Crockett, said anything to her players before the second set she said, "I just told them that they are good and they just need to not be afraid to lose and they need to play to win." She also said, "If you make an error, you make an error. But make it going for it, and I think that made the difference."

However, the Redhawks got the better of the Panthers in the final two sets, defeating them 25-13 in the third and 25-16 in the fourth to win 3-1. Seattle finished the match with 49 kills, a .291 hitting percentage and 10 aces. Of those 10 aces, Junior, Jelena Vujcin, had six.

Buck-Crockett said, "Number seven's serve is what really hurt our team. We couldn't rotate her out. She got us. She's a very good

server."

For the Panthers, Senior, Lucia Castro, rallied up nine kills and 10 digs. Junior, Katie Hogan, also had nine kills. Senior, Adriana McLamb,

home opener. The Panthers defeated the Owls 3-1 with a score of 25-22, 21-25, 25-11 and 25-18, improving to (8-4, 2-0 C-USA).

After splitting the first two

to detail and they really are listening and executing the gameplan."

The Panthers were led by Castro, who posted a match-high 16 kills and totalled six

Levorin, finished with 11 kills and a match-high .661 hitting percentage. Freshman, Katie Friesen, totalled 37 assists and nine digs. Senior, McLamb, finished four digs shy from her career best with 23.

When asked how important starting 2-0 in C-USA play was, she said, "This is a huge win because FAU is a very good team." She also said, "We've proven that we are a very good team."

The Panthers will be on the road the next two games and continue their slate of C-USA games. First, they will head to Houston to take on Rice University on Friday, Sept. 25 at 7 p.m. After that match, they will make way to Bowling Green, Ky., to face off against Western Kentucky University on Sunday, Sept. 27 at 1 p.m.

I think what my team is doing very well is they're paying attention to detail and they really are listening and executing the gameplan.

Rita Buck-Crockett
Head Coach
Women's Volleyball

collected a team-high 18 digs and Sophomore, Tia Clay, finished with a team-high .333 hitting percentage.

The final game the team hosted this weekend was on Sunday, Sept. 20, against Florida Atlantic University and also the Conference USA

sets, the Panthers rebounded with two dominating performances to down the Owls. Buck-Crockett was impressed with how her team bounced back.

She said, "I think what my team is doing very well is they're paying attention

blocks and five digs. Buck-Crockett said, "She (Castro) listened to the gameplan. She got her confidence going that third game and she didn't look back."

Contributing to the win was stout play by many other Panthers. Senior, Gloria

SOCCER

Women's soccer team well worth the wait

LUIS DIAZ*Contributing Writer*
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Only the devout were found in the stands after the rain delay that pushed the game back a little more than an hour. But the FIU Women's Soccer team proved to be worth the wait, dominating the pitch for the full 90 minutes against the UC Irvine Anteaters en route to their fourth win of the season. The offense was on full display and the defense solidified their strengths once again as the Panthers got their third shutout of the year winning with a score of 2-0.

The FIU offense came out firing and finally found the back of the net in the

26th minute when Madlen Weinhardt shot a laser right under a diving Anteater goalkeeper. Junior, Alyssa Robinson, put the offense on her back, taking the ball down the pitch and giving the team some insurance right before the half with her shot sailing past the UC Irvine keeper at the 42nd minute. Seniors, Scarlet Montoya and Nikki Rios, also added to the attack with shots on goal for each of them, but both just coming up short of a score.

This FIU Women's Soccer team's defense kept the ball off their half of the pitch for the majority of the game, but Sophomore, Nevena Stojakovic held that force field around her goal when she was called upon getting her seventh shutout

in her two years with FIU. Her fourth dominant keeping the momentum on the saves were the main catalyst in the team's Panthers' side throughout the 90 minutes.

Home play busts wide open with win

OPENER, PAGE 6

line."

The FIU defense was lights out, allowing only seven points to NC Central (the other 7 points the Eagles scored were on Taylor's interception return) and intercepting three passes. This is nothing new, as we've seen what Matt House's defense is capable of before; but if FIU can consistently force turnovers and give the offense good field position, I think FIU can be a legitimate contender to win Conference USA.

This game was the first victory in a home opener for FIU since Ron Turner took over as head coach and he was very pleased with his team's performance and how many fans were there supporting the Panthers.

"The fans were outstanding," Turner said. "The bus pulled up early and they were tailgating out there, it was a very good atmosphere and I think that helped. It was great to get a win for the fans. Next time

we come home [on October 10th] hopefully we'll get as much of a turnout. Like I said before, we've got a good football team and I'd love for the people of South Florida to come out and see us - I think they'll like what they see."

While FIU certainly could've played better, overall it was a fantastic home opener for an improving football program that desperately needed one. The team played very well in just about every aspect of the game, the incredible new blue and gold uniforms were a hit and most importantly, as I mentioned before, they actually got some fans in the seats. There have been rumors of FIU needing to average at least 15,000 fans per home game if they want to avoid demotion to the FCS. Also having their most attended home opener in years will certainly help their cause.

FIU opens Conference USA play next week, as they travel to face Louisiana Tech University on Saturday, Sept. 26.

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Future Entrepreneurs club makes waves at BBC

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Having a background in hospitality and an entrepreneurial spirit inspired Jonathan Mendez to start a club at FIU for others interested in finance, business and technology, with knowledge straight from the experts.

Mendez, a senior in hospitality management, started the Hospitality Financial and Technology Professionals club in spring 2015 with the rest of the club's executive board and became the president of the club.

"I was eager to start a club at FIU and relate it to hospitality, for students with an entrepreneurial mindset," Mendez said.

HFTP is an organization focusing on the training of financial and technological personnel in hotels, clubs and business related to hospitality, according to HFTP's official website.

"We want to be future entrepreneurs, and why should we limit ourselves and our club to finance and technology when there are more routes to explore to achieve success?" said Mendez.

Taking classes and working off campus has presented obstacles in terms of managing the club. However, Yassine Belkady, senior in hospitality



ALEXANDRA MOSQUERA-NETZKARSCH/THE BEACON

Students attend a conference with Robert Schwartz at the Wine Spectator Restaurant Management Lab in the Chaplin School of Hospitality & Tourism Management building on FIU's Biscayne Bay Campus on Thursday, Sept. 3.

management and director of finance of the club, said, "Everybody has to pitch in and implement new ideas and it has been working so far."

The members work together, but have roles to play, such as the vice president, Jordan Hamilton, senior in hospitality management. He put together a presentation explaining step by step about how to invest in the stock market.

Hamilton said the club has given him and his friends chances to meet CEOs like Robert Schwartz, senior vice president for Morgan Stanley's Wealth Management division,

who came to BBC to speak about his career at a conference the HFTP Future Entrepreneurs club put together in early September.

"I took an accounting class and after receiving an email about this conference, I decided to come and check it out," said Lucette Ambroise, senior in hospitality management. "My dream is to own a hotel and I think I can learn a lot in this club and from speakers like Mr. Schwartz because I felt like I could relate to some of his experiences."

"What we strive to do with this club is to show students that they can fly with their

own wings by getting contacts, building a network and developing different capacities in finance and business," Belkady said.

According to Dale Gomez, director of information technology at the Chaplin School of Hospitality and Tourism Management and one of the club's advisors, technology is another important aspect and component of this club.

"They really wanted to find a student that fits the technical aspect of the club and Maudson took leadership role in this position and became their director of marketing,"

Gomez said.

Maudson Dessalines, senior in information technology and student assistant in the Chaplin School of Hospitality and Tourism, manages all projects involving multimedia and marketing for the club since technology and its developments are significant in the hospitality industry.

"The more knowledge you have, the better and we want to provide that knowledge through conferences and events in this club at FIU and outside," Belkady said.

The club plans to join other chapters at a conference in New Orleans in June 2016 focused on technology in hospitality.

"In this conference the students can immerse

themselves into the technologies of this industry, such as smart technology like the most advances alarms and music... in the hotel room of the future," Gomez said. "Most hotels are trying to go green and they are trying to use technology to make their hotels as green as possible, room sensors and biometric readers. These are the things the students attending this conference will learn about."

Another member of the club, Edward Broomfield, senior in business, was introduced to Mendez by Hamilton and shortly after became the director of human resources for the club.

Sponges akin to redwoods of the sea crowding out corals on Florida reefs

JENNY STALETOVICH
TNS Staff

In the absence of coral on Florida's ailing reefs, a titan of the sea is taking over: giant barrel sponges.

Big as a bathtub, the redwoods of the reef can live for centuries and grow to 6 feet in diameter. For a healthy reef, a single sponge can provide plentiful housing and dependable sanitation, with a menagerie of marine life finding food and shelter inside a cavernous barrel that also filters huge volumes of seawater.

But after a widespread coral die-off in the 1970s and '80s, a significant increase in sponges threatens to collapse the foundation of the complex ecosystem, a new study has found.

The research, published in the Journal of Experimental Marine

Biology and Ecology in August, found that over 12 years, sponges off Conch Key increased by 122 percent, taking up 39 percent more reef. In some areas, the number of baby sponges increased by 600 percent.

"If they're all that there is, the reefs will flatten out and decay," said study co-author Joseph Pawlik, a marine biologist at the University of North Carolina, Wilmington. "As long as they're holding the space _ and they can live hundreds of years _ they won't give that space up to the coral."

While researchers only documented the rise in the Florida Keys, Pawlik said he has seen the spread all over the Caribbean, from Belize to Tobago.

"We think the exact same thing is happening everywhere in the Caribbean," he said.

While bad news, Pawlik said there is an upside. The sponges suck in huge amounts of water, filtering out carbon and sending it back into the sediment. In an increasingly carbon-rich atmosphere, that's a good thing.

"They provide a place for baby fish and shrimp and baby lobsters, all the things important for fishermen," he said.

But they also take up space where young coral, if water conditions are good, could grow.

In the 1990s, Pawlik said researchers at the Aquarius underwater research station south of Islamorada began noticing the sponges turning white.

Some completely fell apart. So in 2000, Pawlik started monitoring the sponges, mapping out 12 16-acre plots.

Over time, the sponges had begun crowding out

seaweed, which had spread after bleaching wiped out about 90 percent of the reef tract. So that was a good thing. But between 2006 and 2012, the number of sponges began to rise, likely because of the absence of hurricanes, which can easily topple the big sponges even at 30 feet deep where they live.

If acidity in oceans continue to rise under climate change predictions, coral with their vulnerable limestone skeleton, will likely die. The sponges, with a glass skeleton, so far appear unaffected by increasing acidity, he said.

"It's better than what we had, which is seaweed. But coral is better than sponge," Pawlik said. "It's still a matter of things being out of whack."

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