

8-22-2016

The Beacon, August 22, 2016

Florida International University

Follow this and additional works at: https://digitalcommons.fiu.edu/student_newspaper

Recommended Citation

Florida International University, "The Beacon, August 22, 2016" (2016). *The Panther Press (formerly The Beacon)*. 885.
https://digitalcommons.fiu.edu/student_newspaper/885

This work is brought to you for free and open access by the Special Collections and University Archives at FIU Digital Commons. It has been accepted for inclusion in The Panther Press (formerly The Beacon) by an authorized administrator of FIU Digital Commons. For more information, please contact dcc@fiu.edu.

MOVE-IN MADNESS



STEPHANIE ESPAILLAT/THE BEACON

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

Financial Aid: Things to know

FABIENNE FLEURANTIN
Staff Writer
fabienne.fleurantin@fiusm.com

a chance to see what fits best with their predicament and in turn, how it can benefit them in the long run.

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

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

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

"They are not aware of the difference between the disbursement process which is done by the Financial Aid Office and the refund process which is done by Student Financials (Cashier's)," wrote Baro to Student Media. "The Financial Aid offered awards are based on full-time enrollment which is 12 credits for undergraduate students and nine credits for graduate students. For students enrolled in less than 12 credits, the awards will be adjusted or canceled based on the terms and conditions of each award. Some awards may be reduced while others will be canceled."

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

From student loans, to scholarships, federal work study and grants, there are several different types of financial aid available to students. This gives students

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

Additionally, when logging into my.fiu.edu, there is a link to your financial aid page, which tells you what financial awards you can accept or decline, and what dates they will be disbursed. Baro also mentioned studentaid.gov, a site that speaks about how to prepare for college, how to apply for financial aid, the different types of aid, and provides resources on managing student debt.

Regarding how financial aid money get applied to tuition, as long as the student has accepted enough financial aid before the payment deadline to cover their tuition and fees, they do not need to do make any payment arrangements; the financial aid will automatically be applied to the tuition and fees.

If the financial aid is not enough to cover the tuition and fees, the student only needs to make a payment arrangement for the difference.

FIU also offers counseling for students who are entering loan repayment by appointments. The counselors can be reached through email: defmgmt@fiu.edu.

Crystine Chatrie, senior double majoring in psychology and economics and minoring in criminal justice, has found these resources helpful, but she still had some concerns about the way advisors handle the financial sentiments of FIU students.

"The resources do help if you know where to look, but at times, each individual circumstances requires personalized assistance and

BISCAYNE BAY

FIU experts explain toxic algae

STEPHANIE ESPAILLAT
News Director
stephanie.espaillat@fiusm.com

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

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

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

resources and help build strategies to stop these problems in the environment.

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

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

Eirin-Lopez also explained that toxic algal blooms are an issue for three main reasons. The first is that algae blooms cover the water's surface, and will block light that will exhaust oxygen by harming other plants and organisms that are dependent on this

SEE SEAS, PAGE 2

Pot research shows harmful effects

CEYLIN ARIAS
Assistant News Director
news@fiusm.com

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

According to Trucco, her study, supported by the National Institutes of Health, found that long-term use of marijuana impaired participants' natural response to reward by reducing it. As one of the authors of the study, Trucco said they were interested in testing out two factors:

(1) whether differences in the brain's response to reward put adults at risk for marijuana use and (2) whether marijuana use had a negative impact on the brain's response to reward.

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

108 20-year-olds' brains' were scanned using functional magnetic resonance imaging at approximately two-year intervals, the first time at age 20, the second at age 22, and the third at age 24. They were

recruited from the Michigan Longitudinal Study. An outgoing study, which began in the 1980s, that follows two contrast samples of groups from the same neighborhood: youth at high risk for addiction and youth not at risk for addiction.

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

While in the fMRI, they were instructed to click a button the moment they saw a target appear in the screen in front of them.

Before starting the experiment, the

SEE STUDY, PAGE 2

SEE AID, PAGE 2

NATION & WORLD BRIEFS

Miami Beach workers sweep city for Zika mosquito breeding grounds

Just after sunrise on Friday, the growl of sanitation equipment could be heard in the back alleys of South Beach as city workers ramped up efforts to eliminate potential mosquito breeding grounds in the wake of news that Zika cases have been identified in the region's tourism capital.

Public works crews that have now gone into overdrive to make sure public streets are clear of standing water and private property owners are doing their part to keep mosquitoes away. Workers with pressure washers pushed stagnant water into gutters with 250-degree water to kill anything living in it.

Drop in Venezuela investment could have impact on world's oil supply

Venezuela's oil crisis goes far beyond a simple problem of low prices and threatens the world's supply of oil because of mismanagement of the country's state-run oil company, a new report from Columbia University concludes.

Oil production in Venezuela — which boasts the world's largest oil reserves — has plunged to alarmingly low levels, the report found, worsening a dire economic crisis that already has led to food and medicine shortages.

As the world price for oil declined, other oil-producing countries have increased production to make up for the lower price.

Trump campaign chairman Paul Manafort resigns

Donald Trump's campaign chairman Paul Manafort resigned Thursday morning, the campaign confirmed in a statement.

"This morning Paul Manafort offered, and I accepted, his resignation from the campaign," the Republican presidential nominee wrote. "I am very appreciative for his great work in helping to get us where we are today, and in particular his work guiding us through the delegate and convention process. Paul is a true professional and I wish him the greatest success."

Manafort's resignation followed several other staff changes this week, in which Trump added former Breitbart News chairman Stephen Bannon to his campaign as CEO and promoted senior adviser Kellyanne Conway to campaign manager.

TRIBUNE NEWS SERVICE

FIU experts talk health issues caused by toxic algae

SEAS, PAGE 1

element.

Secondly, the production of toxins, even if it's an involuntary harm, can affect marine life in contact with the algae.

"For instance, algae will be consumed by herbivores (including turtles and manatees) and invertebrates; these will be consumed by fishes, which will be eaten by other fish, which will be eventually predated by dolphins and sharks," said Eirin-Lopez. "Biomagnification means that the concentration of toxins at each step increases, therefore impacting top organisms more seriously."

The third reason why toxic blooms are an issue is the detrimental impact of toxic algae on human health, specifically the liver.

Kathleen Rein, an FIU professor in the Department of Chemistry and Biochemistry, is conducting research focused specifically on algal toxins, and as the director of FIU's Advanced Research Cooperation in Environmental Health program, she has addressed many issues revolving around algal blooms.

She has identified these species of blue-green algae, the ones blooming in lakes and rivers in Florida, as microcystis aeruginosa.

She explains that it can produce a family of toxins called microcystins and the major toxin, called microcystin-LR, can highly affect the liver.

"These toxins affect the liver. Humans get exposed either through contaminated drinking water or through inhalation of aerosols or through recreational use of contaminated water," said Rein. "The World Health Organization has set a limit of 1 microgram per liter for drinking water. Some municipalities in the U.S. have set lower limits than this. The WHO recommends a limit of ~6-10 ppb for recreational exposure."

Eirin-Lopez adds that this exposure can lead to gastroenteritis, liver and kidney toxicity as well as several types of neurotoxicity.

Although this particular algae can be harmful to human health, algae in general is a key component of aquatic ecosystems, as they are at the bottom of the trophic chain.

The algae uses sunlight to produce organic matter out of inorganic elements. While under this process, algae begins to produce metabolic byproducts, which, as Eirin-Lopez explains, is mostly harmless.

Different forms of algae can be found throughout South Florida in its diverse aquatic environments such as lakes, the

Everglades, the Atlantic Ocean, and the Gulf of Mexico. In addition to being a consistent source of energy from sunlight year round, Eirin-Lopez believes that South Florida represents a perfect haven for these algae to grow free and without limit.

"Harmful algal bloom episodes have always existed and always [will]. However, their current impact and gravity is primarily due to the increased discharge of wastewater in coastal areas. As we cannot influence the amount of sunlight or the natural cycles of the ocean, the only thing we can do is to improve the management of residual waters laden with nutrients," said Eirin-Lopez.

He also highlights the importance of educating the public and putting policies in place to protect these natural resources.

"... We must set our eyes in prevention as the best measure to avoid intoxications and optimize aquaculture industry practices. That is the reason why an active stance is required by decision and policy makers, emphasizing the importance of research and outreach, helping alleviate this problem and educating South Florida citizens," said Eirin-Lopez.

Study suggests that marijuana may be harmful for the brain

STUDY, PAGE 1

participants were told they could either win money which ranged from 20 cents to \$5, lose money, or have no reward or loss.

"Normally when completing this task, participants' brains show lots of activity in areas that respond to reward when they think they have won money," said Trucco.

What they discovered, however, was that this particular response showed less activity in reward centers of the brains of those who used marijuana. It suggests that marijuana use led to reductions in the participant's natural response to reward. There was no evidence whatsoever that differences in response to reward had an impact on later marijuana use.

"This means that something that would be rewarding to most people was no longer rewarding to them, suggesting, but not proving, that their reward system has been 'hijacked' by the drug, and that they need the drug to feel reward — or that their emotional response has been dampened," said lead author and University of Michigan neuroscientist Mary Heitzeg, in a press release.

According to Trucco, with the growing misconception that marijuana use has no long-lasting effects on the brain, it is expected that at least 11 more states are likely to legalize recreational marijuana use in the near future.

"I think with the recent legislation (legalization and approved medical use in some states) there is a growing false impression that marijuana is a safe drug. This study provides convincing evidence to the contrary. Over time, marijuana can reduce the pleasure we experience from these natural rewards that we experience from the world around us," said Trucco.

More research needs to be done in order to see what long-term impact the reduction in the brain's response to reward can

have on mental health and function.

"This type of research is necessary to understand the potential negative consequences of marijuana use on the brain," said Trucco.

Trucco believes another possible factor to test is whether blunted reward activation leads to drug dependence or other mental health problems. There are also plans to further expand the research study by focusing on younger participants, specifically children and adolescents, to test what leads individuals to start using marijuana.

"As of right now, at my lab at FIU, Research on Adolescent and Child Health, we are testing how genetic factors, childhood personality, and adolescent depression may increase risk for using marijuana use in adolescence," said Trucco.

Trucco is also collaborating with FIU faculty in cognitive psychology, social work, and epidemiology on a new grant to see whether electronic cigarettes and vaping are a gateway drug for marijuana use among South Florida youth.

In addition, one of her other projects include working with Angela Laird, Raul Gonzalez, and a group of other colleagues at FIU on the NIH's landmark study on Adolescent Brain Cognitive Development.

ABCD is a nationwide study taking place over the next 10 years and will examine how brain development impacts the health and functioning of adolescents, including marijuana use.

"I think it is important to be informed about research on marijuana use and potential dangers of use, especially before casting a vote on marijuana legislation," said Trucco. "Because research shows that marijuana may not be as safe as some people think."

For more information concerning the current work of Trucco and other publications from the FIU Research on Adolescent and Child Health, visit reachlab.fiu.edu.

Financial Aid questions answered by FIU administration and staff

AID, PAGE 1

it would be a big help if the advisor knows what he or she is talking about and is not just speculating," Chatrie said. She and Monel feel that this system could be improved.

"I think notifying us early

would be a great help because it would give us time to save and prepare for fees," Monel said. Chatrie also gathered some input on this. "It could be improved if all advisors relay the same advice to all students experiencing the same issue and if advisors

also advise students that their financial aid will be reduced or affected if they should double major or adding minors or stay too long deciding on a major," said Chatrie.

Financial aid may be a complicated and exasperating

process, but with the resources and opportunities available for students, it gives them a chance to find an easier way to pay for their classes, and to ease the burden of finding a solution to their financial problems.

THE BEACON

EDITORIAL BOARD

EDITOR IN CHIEF

CAYLA BUSH

NEWS DIRECTOR

STEPHANIE ESPAILLAT

SPORTS DIRECTOR

JAYDA HALL

ENTERTAINMENT

DIRECTOR

NADINE MATAS

OPINION DIRECTOR

NICOLE STONE

MULTIMEDIA DIRECTOR

JAVIER SANLLEY

COPY CHIEF

MARTINA BRETOUTS

AD MANAGER

SETH LOUIS

DIRECTOR OF STUDENT MEDIA

ROBERT JAROSS

ASST. DIRECTOR OF

STUDENT MEDIA

ALFRED SOTO

CONTACT INFORMATION

Modesto Maidique Campus:
GC 210, Mon-Fri 9:00 a.m.-5 p.m.
(305) 348-2709
news@fiusm.com

Biscayne Bay Campus:
WUC 124, Mon-Fri 9:00 a.m.-5 p.m.
(305) 919-4722
bbc@fiusm.com

Fax:
(305) 348-2712

Editor-in-Chief:
(305) 348-1580
cayla.bush@fiusm.com

Advertising:
(305) 348-6994
advertising@fiusm.com

The Beacon is published on Mondays and Thursdays 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.

A message to freshmen on procrastination

POP TALK



CINDY CUADRA

With each school year that rolls around, a new wave of freshmen are welcomed into the Panther family. As part of their orientation, freshmen learn everything they need to start this new and exciting chapter in their life.

An important piece of advice I learned from peer advisors, professors and administration was to avoid procrastination.

The American Psychological Association published a study conducted by Florida State University which found that procrastinating takes a toll on students' mental health and well-being.

According to the APA, the University of Calgary did a meta-analysis in 2007 which found that 80 to 95 percent of college students procrastinate, especially when given homework.

Procrastination has never held a positive connotation. So why do students still procrastinate? DePaul University psychology professor, Joseph Ferrari, found that some students get a rush from working under pressure and they believe that is when their best work is done. However, contrary to what students believe, Ferrari's experimental data proved otherwise.

"Students seem to remember the one time that maybe waiting until the last minute did pay off with a good grade, but they forget the other nine times when it didn't," Ferrari said to the APA.

It's important for incoming freshmen to realize that

procrastination just won't cut it in college, like it did in high school.

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

“

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

”

After all, GPAs drop faster than they rise and your freshman year GPA sets the tone for the rest of your college career.

Understandably, students can get caught up with life and get overwhelmed with classes. Some things that incoming freshmen can do in order to avoid the stress of procrastination include organizing your priorities, learning to manage your time wisely and always putting what you have to do over what you want to do.

Many resources are also available on campus, one being

the free planners offered to every student at the beginning of each semester to help keep up with schoolwork and events on campus. Using the study rooms in the Green Library is another great method to avoid procrastination because it eliminates any distractions that may prevent students from getting their work done on time.

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

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

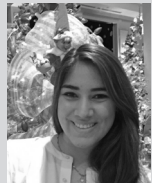
Part of that transition is learning to make decisions that are not always the ones you want to make, for instance staying in to study for an exam on a weekend instead of going out to a party.

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

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

Move in offers new life for freshman

RIVERS OF TRUTH



LINDA RIOS

With a new semester closely approaching, August 18 marked the beginning of move-in day for incoming freshmen.

A year ago, it seemed unbelievable that I was now a college student about to move into my home for the upcoming year. The excitement of purchasing everything I might need for the dorm and waiting to see what building I was going to live in was nerve racking.

After attending freshman convocation, I spent my first night at my new home. All of my emotions were mixed up; from saying goodbye to my parents to sleeping with someone in my room with whom I had only spent classes with was different and a little unsettling.

In the beginning, it was very hard to settle in because I was

new to everything and it was hard to get around campus. But after the weeks passed and I had built my own rhythm between classes and had learned to find time to actually eat as well as meet with friends, it became easier to get accustomed to the college pace.

College is an amazing experience, and everyone has a different rhythm to what they do and how they settle into their new lives, though I would not have changed anything from my past year.

As an incoming freshman, it's important to know that college is not something to take lightly. Although, by planning, managing your time and maintaining your studies, college will become an amazing experience.

Linda Rios is a contributing writer for FIU Student Media. Her column, Rivers of Truth, is a commentary on pop culture current events. For suggestions or comments, please contact Linda at opinion@fiusm.com.

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

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

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

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

Though 21 of the interns this summer do serve government offices, the remaining 24 are working at cancer research organizations for Latinos, local news stations, and even the Smithsonian. FIU in D.C. has

“

My experience in Washington has been transformative, and I am not sure this would have been the case without the resourcefulness and encouragement of my University-family mentors.

”

also hosted frequent interactive panels on disciplines across the board —communications, ecology, cybersecurity, and more— to prove that this endeavor is truly a platform to benefit from for all.

More than just a career center, FIU in D.C. goes the extra mile to link interns to alumni mentors, host student-led discussions, and engage employers and interns in direct dialogue at the space.

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

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

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

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

Omotola Oladapo
Graduate Student
Public Administration

SEND US YOUR LETTERS

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

DISCLAIMER

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

EDITORIAL POLICY

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

Rio Olympics inspires CSO's annual

CHLOE GONZALEZ

Staff Writer

chloe.gonzalez@fiusm.com

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

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

Arlet Hernandez, a junior biology major and events coordinator at CSO, added that the club fair "helps you fit in, into something that you like."

"[By] joining a club you can learn different things, you can interact with different people that you wouldn't interact with on a daily basis ... It's just a good way to express yourself because there's people out there that have the values and the same likes as you ... It's just a good way to interact with people," said Evans.

This semester's club fair will be held in

the Graham Center ballrooms on Wednesday, Aug. 24 and Thursday, Aug. 25 from 11 a.m. until 2 p.m. Everyone is welcome to attend

hosted and organized by CSO to showcase FIU's clubs and organizations. Each club that participates tries to recruit new members by

newly introduced to FIU, its community culture.

"A freshman coming in, they don't

“

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

Stanley Evans II
President
Council for Student Organizations

and there is no entrance fee. Students can go to browse through all the clubs FIU has to offer while enjoying giveaways, free food, games, and prizes.

Usually held every year in the spring and fall semesters, the club fair is an event

setting up a table with posters and giveaways that display what their club/organization's mission purpose, what they do, and events they host.

Evans explains that the club fair can be especially interesting for freshmen who are

anything about clubs," he said, "so this is the perfect opportunity to have that one on one experience with them, have that one on one talk with different members of the clubs to show their different likes and their different motives behind the clubs."

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

MONDAY, AUGUST 22

HOMECOMING ARTIST REVEAL

WHEN: 12 p.m.
WHERE: GC PIT (MMC)

SPC COMEDY SHOW FT. K-VON

WHEN: 5:30 p.m.
WHERE: GC Ballrooms (MMC)

TUESDAY, AUGUST 23

CHICK-FIL-A WITH MGC & SGA

WHEN: 11 a.m. - 2 p.m.
WHERE: GC Pit (MMC)

GREEK BBQ

WHEN: 7 p.m. - 9 p.m.
WHERE: Betty Chapman Plaza (MMC)

WEDNESDAY, AUGUST 24

BREAKFAST BONANZA

WHEN: 9 a.m.
WHERE: WUC141 (BBC)

BSU PIT EVENT

WHEN: 11 a.m. - 2 p.m.
WHERE: GC Pit (MMC)

THURSDAY, AUGUST 25

CSO CLUB FAIR (W-TH)

WHEN: 11 a.m. - 2 p.m.
WHERE: GC Ballrooms (MMC)

SPC PIT EVENT

WHEN: 11 a.m. - 2 p.m.
WHERE: GC Pit (MMC)

NPHC YARD SHOW

WHEN: 6:30 p.m.
WHERE: GC Ballrooms (MMC)

SPC HYPNOTIST SHOW FT. SAILESH

WHEN: 5:30 p.m.
WHERE: GC Ballrooms (MMC)



Saving made easy: unknown discounts for students

HAUTE COFFEE



STEPHANIE CASTRO

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

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

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

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

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

Third year education student, Yeslien Garcia, said

that she never knew using her student ID would make such a difference.

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

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

Haute Coffee is a column focused on providing tips to students that save time, effort or money. To offer comments or suggestions, contact Stephanie via email at life@fiusm.com.

1 Club Fair

ity and
t know

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

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

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

one
d their

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

Every year the club fair is held, the CSO executive board does their best to improve it.

Evans explained that students expect the club fair to be a place with "good vibes ... good attitude, good atmosphere, good giveaways, [and] friendly people" where clubs can "interact with each other and interact with the students."

is the
on one
on one
clubs to
ifferent

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

FRIDAY, AUGUST 26

FRESHMAN LUAU

WHEN: 11 a.m. - 2 p.m.
WHERE: WUC Ballroom (BBC)

HOMECOMING SPLASH 50!

WHEN: 2 p.m.
WHERE: MMC Housing Quad

BSU OPEN MIC NIGHT

WHEN: 8 p.m.
WHERE: GC Ballrooms (MMC)

'Florence Foster Jenkins' a 'heartwarming' production



PHOTO COURTESY OF FLORENCEFOSTERJENKINS.COM

LIFESTYLE POINTS



JOSEPH CARDENAS

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

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

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

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

The movie is based on the life of the title character, who recorded herself singing and was

infamous for being a terrible singer and ridiculed for it.

"It's hard to sort of forget anything from what happened because it was such a monumental thing to be working alongside all of these incredible people," said Helberg in a conference call interview with college newspapers, about memories of working on the film.

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

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

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

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



PHOTOS COURTESY OF COUNCIL FOR STUDENT ORGANIZATIONS

MY ADVISOR AND ME



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

WHO YOU VOTE FOR REALLY MATTERS



**DEBBIE
WASSERMAN SCHULTZ**



TIM CANOVA

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

SOURCE: Opensecrets.org/Center for Responsive Politics



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

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



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

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



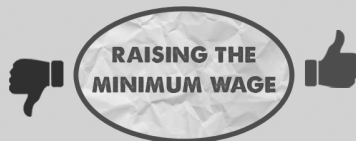
Tim supports the legalization of medical marijuana. He believes we should end the War on Drugs which disproportionately targets and affects poor and minority communities.

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



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

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



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

**EARLY VOTING BEGINS
ON AUGUST 20**

VOTE ON TUESDAY

AUG 30TH

TIM CANOVA
DEMOCRAT FOR CONGRESS

228 S Flamingo Rd. Pembroke Pines, FL 33027 | 954-367-3877

TimCanova.com TimCanovaForCongress @Tim_Canova

FOOTBALL

Defensive coordinator prepares players for upcoming season

SAMIR BADER
Staff Writer
samir.bader@fiusm.com

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

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

"We played them last year, so we know a little bit about them, and they know a little bit about us. But now we are concentrating on getting our players ready day by day," Coach Cooper said. "We are not looking forward to Sept. 1 right now. We have got a lot of work to do, a lot of preparation and at the same time, we are installing defenses and the guys

are figure out what's going to go down ten days in."

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

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

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

"It's been real good. Guys are understanding [that] in the defense, you have to signal," Cooper said. "The good thing about



BEACON FILE PHOTO

two-a-days is getting a chance to teach them in the classroom, and the guys are learning well."

One aspect that plays into this season is the new television

deal that will be broadcasting six FIU football games this season, including the season opener against Indiana University.

"It's great. We've got to understand,

we've got to do our part," Cooper said. "The better we play, the better things will get. Our team is working hard, and I'm pleased so far."

The season opener,

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

FOOTBALL

Team 'certainly does have the weapons,' will gain experience

ALEJANDRO SOLANA
Staff Writer
alejandro.solana@fiusm.com

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

"The two guys they're going to have to replace, Richard Leonard and Jeremiah McKinnon, ended up in NFL camps and are obviously very good," said Pete Pelegrin, who covers the football team for FIUSports.com. "They have some talent. It is a matter of game experience with this young talent, which you can't force into them."

Ron Turner will enter his fourth season as the head coach for the Panthers, looking to improve the team's

record for the third season in a row.

It will be up to FIU's new secondary coach Bobby Babich and defensive coordinator Ron Cooper to have

Tampa will look to improve the Panthers' conference record, which has been consistently under .500 since Turner and McGough teamed up in

needs most is game experience.

"It is learning the scheme and getting that game experience," Pelegrin said. "But he certainly does have the

“

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

Pete Pelegrin
Assistant Sports Information Director
FIUSPORTS.COM

”

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

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

2014.

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

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

weapons."

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

FIU Student Media Presents:

#BehindTheBadge

An open discussion
between FIUPD
and FIU community

Moderated by CARTA Instructor
Antoine Hardy
When: Wednesday, August 31,
Noon to 1 P.M.
Where: SIPA 100

Featuring a panel FIU Police Chief Alexander Casas and student leaders, as well as an open Q&A session.

CAN'T MAKE THE FORUM?

Keep up with the forum through social media, by searching FIUSM, and send us your questions through Twitter using the #BehindTheBadge

Are YOU a ENTREPRENEUR ?



Do YOU Have a \$ million \$ idea?
If So?

www.singapore.biz
&
www.cuba.biz

Are available For Jt. Development
Contact the Owner via the Web-Site"

VOLLEYBALL

BALLING WITH PASSION

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

ALEXA ROTH
Staff Writer
alex.roth@fiusm.com

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

Growing up, her father made sure she stayed active and involved in athletics but after suffering too many injuries practicing gymnastics, her father suggested she try volleyball. Soon after, Clay found that she loved the sport and it became her passion.

Clay, now a junior, is FIU's volleyball outside and right-side hitter. She has been playing for 10 years now, but says "College volleyball is a whole different era. Transitioning from playing club volleyball ... was an awesome experience. I have learned a lot about myself, I now can take the lessons I learned out on the court into the real world. I have such a great tolerance for things now."

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

"We are student-athletes

but we are students first," Clay said. "We have to do the best for our team on the court but the best for ourselves in the classroom."

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

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

"They are what makes it worthwhile, and sometimes we get tired and down on ourselves, but it's great to have a whole team backing you up and rooting for you," Clay said. "They are the best support system."

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

Association and an ambassador for the Women Who Lead conference.

"She's a great leader on and off the court," said sophomore middle blocker Chelsea Hudson. "She's very supportive, and is [making it]



PHOTO COURTESY OF FIUSPORTS

Tia Clay, outside and right-side hitter, attempts to spike the ball over the net during a 2015 home game. The junior says she's "really blessed to have been given the opportunity to play volleyball at the D1 level."

easy to learn by example."

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

"Not everyone can play in every game, so even [when I am] sitting on the sidelines, I love cheering my team on,"

Clay said. "Being there for them is super gratifying."

Last season in the first round of the UTSA conference finals, Clay came close to a perfect game, almost breaking a record, with only five errors in the first two or three games. This

season, she hopes that as a team, they will reach the top four in their conference.

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

"I couldn't imagine not being a student athlete. I love the family atmosphere

and all the support we get from the staff and the coaches," Clay said. "I am really blessed to have been given the opportunity to play volleyball at the D1 level. I wouldn't want it any other way."

WELLNESS & REC

Students learn self-motivation through '3D Sweat' class

ALEXA ROTH
Staff Writer
alex.roth@fiusm.com

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

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

Triche says the best thing about being a trainer is "helping people

change their lifestyle."

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

"Being in a group setting, I believe I can impact more than one person because it's a bigger setting, and I get great satisfaction from that," Triche said.

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

"Students can gain a lot from these classes," Triche said. "They

can learn how to have a better lifestyle, how to push themselves, and how to exercise more efficiently."

“

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

Daniel Triche
Fitness Trainer
BBC Wellness & Rec

”

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

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

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

"The quality of the workout and the instructor are really great,"

Rodriguez-Pinto said. "There is a lot of knowledge and education behind the way he teaches. It is clear that there was a lot of research that has gone into the instruction and preparation for each class."

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

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

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

MMC WELLNESS AND REC. INTRAMURAL CALENDAR

SOFTBALL

REGISTRATION: 8/22 - 9/15
SEASON STARTS: 9/18

INDOOR SOCCER

REGISTRATION: 8/22 - 9/15
SEASON STARTS: 9/18

FLAG FOOTBALL

REGISTRATION: 8/22 - 9/15
SEASON STARTS: 9/18

TENNIS

REGISTRATION: 8/22 - 9/15
SEASON STARTS: 9/18

VOLLEYBALL

REGISTRATION: 8/22 - 10/6
SEASON STARTS: 10/10

3V3 BASKETBALL

REGISTRATION: 8/22 - 10/6
SEASON STARTS: 10/10

11V11 SOCCER

REGISTRATION: 8/22 - 10/6
SEASON STARTS: 10/10

TO REGISTER:

VISIT WWW.IMLEAGUES.COM
CONTACT: PATTY SUAREZ
PATSUARE@FIU.EDU