University Model UN ranks No. 5 in nation

EZITA RODRIGUEZ Contributing Writer

The University Model United Nations Team ranked better than some of its Ivy League competitors this ranking fifth in the nation on the list of North American College Rankings for 2013-2014 on bestdelegate.com.

According to their website, “Best Delegate created the North America College Rankings to find out which team is the best on the circuit and to recognize teams for their accomplishments across conferences throughout the school year.”

The list consists of 25 colleges and universities, and there is also a list of top 50 and top 75.

Among the top five are: University of Chicago, Georgetown University, Harvard University, University of Pennsylvania and Florida International University.

Others mentioned on the list include the United States Military Academy at West Point coming in sixth, Yale University in seventh, Columbia University in ninth. The FIU Model United Nations Team is also represented in the Model United Nations All-Star Team for the 2013-2014 year, with three University students listed as all-stars.

The students were nominated by their universities and were placed on the All-Star Team based on overall votes from all participants, according to a best delegate representative.

“The College MUN All-Star Team should be representative of the best and most respected leaders in the community,” according to the all-star team page. “They are diplomatic and skilled in committee, help strengthen the relationship between schools, provide thought leadership, and make the Model UN experience better for everyone.”

Mark Hodgson, a recent graduate and former program director for the FIU MUN team, Ethan Roberts, the current program director and Anthony Mercado, a recent graduate, each made the All-Star Team.

“To me, the Model United Nations is invaluable. It gives the chance to problem solve, diplomacy and effecting change in the world,” said Roberts, a senior interna...

SEE MUN, PAGE 2

100 DAYS TO HOMECOMING

Adriana Zabaraon (middle), a junior in hospitality management and a golden dazzler, performs with the dance team at the 100 Days To Homecoming event in the GGC pit. Students celebrated the upcoming football season with food, giveaways and performances.

New guidelines to combat sexual assault—‘a step in the right direction’ for universities

NICOLE MONTERO Staff Writer

Reacting to publicized rapes on college campuses across the nation, the White House has released new guidelines requiring colleges to comply with new campus safety and security requirements aimed at curbing sexual assault, domestic violence, dating violence and stalking.

The proposed rule, formally published in the Federal Register on June 20, would implement changes to the Jeanne Clery Disclosure of Campus Security Policy and Campus Crime Statistics Act, under the Violence Against Women Reauthorization Act, which President Barack Obama signed last year.

Under the regulations, institutions would be required to compile statistics for incidents of dating violence, domestic violence and stalking, in addition to the currently compiled statistics for sexual assaults and other crimes.

Among the many recommendations, the White House urges universities across the country to ensure that reports of sexual crime cases remain confidential, as well as to conduct anonymous surveys and adopt anti-assault policies.

Whitney Bauman, assistant professor for the Department of Religious Studies and a part of the Women’s Studies Center, believes that the efforts are a step in the right direction and that they could bring awareness to such issues.

“I don’t believe that anything we do will be enough until the problem is solved,” he said.

These efforts are a step in the right direction for dealing with the problem and forcing universities to take a long look at what’s going on in their campuses...

SEE SEXUAL ASSAULT, PAGE 2

SGC-MMC speaker protempeore Lorenzo resigns

ADRIAN SUAREZ AVILA Staff Writer

Kicking off the SGC-MMC Senate meeting last Monday, President Alexis Calatayud discussed her upcoming attendance at a leadership conference aimed at training student government leaders from around the country.

The National Association for Campus Activities (NACA) Student Government West Institute Conference, which ran from June 10 to 13, serves as a student affairs event where student government leaders may come together to share ideas.

“The most exciting part, I think, is that we’re going to meet student government leaders from California,” Calatayud said.

Calatayud cited the Board of Trustees as being the highest level of representation, “If you don’t have that, then you don’t have much say,” she said.

In addition, Calatayud said she hopes to partner with the University’s athletics department and with student athletes to see how the SGC-MMC can creatively increase attendance at athletic events.

Aside from discussing personal pursuits, the Senate also discussed the vacancy of some positions.

As a result of transferring to University of Miami, Caroline Lorenz left two positions, speaker pro tempore and senator at large, vacant.

“One of the things we need to address statutorily is that there isn’t actually anything in the constitution, the statutes or the rules and procedures that says what to do in the event of the resignation of the speaker pro tempore,” said Speaker of the Senate and graduate Senator Charles Peretti.

According to President Calatayud, the position of speaker pro tempore is a required one.

“It is an executive board position that sits in executive board meetings, University-wide meetings and, in the long-term, budget meetings, which requires the presence of all executive members for votes to be made,” Calatayud said.

Because of the vacancy of the speaker pro tempore position, the Senate will be open to applications from senators who are interested in the position. In the event that only one senator applies, that senator will win by default.

In the case that more than one senator applies for the position those interested will speak before the Senate in order to explain their qualifications. Votes will then be administered to determine who will take the position.

At present, Honors College Senator Nico Pasquariello, at large Senator and Chair of the Internal Affairs/Review Committee Nicholas Recuset and Finance Chair and CARTA Senator Tomas Alcala are interested in the speaker pro tempore position.

According to Calatayud, as Recuset and Alcala are chairpersons within a committee, one will lose his chairhip if elected as speaker pro tempore and the elected person’s vacant position will then be open for applications. One position in particular requires speedy election. As no one voted in favor of President Calatayud’s initial appointment for comptroller, Lillie Wilson, during the beginning of the summer semester, the position was never filled.

Despite the Senate’s previous response, Calatayud is appointing Wilson once more for the position, considering...
Syrian opposition seeks US support for battle plans

Syria’s pro-western opposition has developed a plan to oust extremists of the self-styled Islamic regime from their base in Syria and protect Syrian civil society. The regime, however, is waiting for the Obama administration to give it a hearing, the acting defense minister said. Nevertheless, Kholouf, a defected Syrian army general, said that Islamic extremists last month seized more than one third of neighboring oil-rich Iraq, and they have yet to receive the support necessary to drive the extremists from the territory they now control in just three years. In a second stage, he said, the rebels could apply only to the Central Intelligence Agency’s chief of station, who generally operates under diplomatic cover from an embassy. U.S. officials offered only limited comment. White House secretary Josh Earnest, in Texas with President Barack Obama, said that Obama and German Chancellor Angela Merkel had not spoken since July 3, before news broke that German authorities were investigating two new cases of U.S. spying. Earnest said Germany and the United States continue to cooperate “at a variety of levels.”

Three FIU students make All-Star Model UN team

The entire MUN experience takes place throughout multiple conferences, where students compete in different committees as they are presented with various issues. Some cases involve past events such as the 1919 Paris Peace Conference of 1882, or a future scenario in which students must play the role of the U.S. secretary of state, Roberts said.

The conferences this year took place at Harvard, West Point and the University of Chicago, and students had the opportunity to practice foreign policy and meet special guests to learn from their experiences. “Guest speakers from major think tanks, important government officials, and NGO groups regularly break up the student speeches and their experiences with visions,” Roberts said.

The conference theme for this year was “Global democracies at a Crossroads.” The theme was chosen to fit with the ongoing discussions that the conference was created to discuss. The conference was designed to fit into the Thomson Reuters system, which is the largest provider of news, and the conference followed all of the requirements set by the company or website. The conference was also designed to be fun for all students and teachers that would attend or participate. A coffee morning, hosted by models and event planner, was held for the students and teachers that would attend or participate.

The conference was held on Monday, July 19th and the theme was focused on the following topic. “A global democracy at a crossroads.” The conference was designed to fit into the Thomson Reuters system, which is the largest provider of news, and the conference followed all of the requirements set by the company or website. The conference was also designed to be fun for all students and teachers that would attend or participate.

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Opinion

Four things to appreciate in good health

SOFIA GALIANO
Staff Writer

I almost never get sick. Many have said I workout too often. I’m certain I eat more fruits and vegetables than most of my friends. I frequently wash my hands and sometimes take three showers a day. I’m also one of the few people in today’s society who actually get a full eight hours of sleep, the equivalent of a gold mine of health.

Although I try to lead a healthy life, I still get the occasional cold — say maybe once a year — which sidelines me off of my fitness-devoid lifestyle. Each time I get sick, I’m reminded how exhausting and disheartening it is. Part of me even revises all the moments when I’m not sick and feel invisible.

To avoid that time-consuming and life-sucking emotion of regret, be sure to fully live your health and appreciate the little things in life before catching a cold.

Go exercise.

I know from experience, jogging while sick helps clear nostril congestion and other sinuses. The only problem is you really don’t feel like doing it.

The next morning or afternoon you are free, instead of lying around at home or sleeping in, go for a run. If that’s too intense, set a date to go kayaking or paddleboarding. Both Sport and other friends — both are offered at Biscayne Bay Campus for just $10.

Hit up the beach.

It’s a beautiful sunny South Florida afternoon, and while you wish you were swimming in the ocean and soaking in vitamin D. You are wrapped under a blanket in bed while blowing your nose for the hundredth time. Catching rays while being sick will only irritate your already throbbing head and drain whatever energy is left inside of you.

So maybe you check, grab a towel, some water and lots of sunscreen, and jump in that water like your gym is on fire (which given the average temperature of a summer day in Miami, they most probably are).

Have some ice cream.

When sick, we all want to drink lots of warm fluids when sick to soothe sore throats and to flush out our systems, but because we’re human, we’re cued with wanting what we can’t or shouldn’t have.

That means the pint of Talenti Belgian Milk Chocolate Gelato you forgot was in the freezer that you’re suddenly craving. Except you are sick and you know you will not be able to enjoy it like you normally would.

Therefore, screw your diet and have a few spoonfuls of chocolatey rich and silky deliciousness.

Give hugs and kisses.

Although I have no romantic partners in my life, I still worry about hugging or kissing others while you risk the spreading of my illness. So I ask when you go home this evening, kiss your parents, your siblings and/or your spouse and spread your love, guilt-free.

There will always be an excuse not to do something. Sometimes we are tired, too busy or just not in the mood. My suggestion is to stop making excuses and do all the things you say you want to do while your health still permits you.

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Four things to appreciate in good health

LUIS SANTANA
Staff Writer

Servers: we take them for granted every time we go out. These workers write down our edible desires, bring it to us while we sit comfortably and chat, and do it all with a smile.

This summer, I had a chance to work as a server and the experience as a whole is something that was truly humbling.

If I learned anything during my time as a server, it was this: always leave a tip. No matter what your “financial” situation, it hurts the waiter severely when you leave nothing but garbage on your table.

I put quotes over the word financial in the above sentence because I would constantly see customers come in dressed in designer jewelry and fancy clothing sit down with their friends, own the entire restaurant because of their loud conversation, then leave no tip even though I brought everything to them.

One time, a group of young girls came to eat. I brought everything they wanted to them and even sang happy birthday for one of their friends. As they all got up to leave I looked at the table and saw no money.

I asked one of the girls, “No tip madam?” She said “no, sorry” with a face of pure pity and just like that they left with nothing but their wasteful remains on the table for me to clean.

Personally, I have rent to pay every month. I also have to pay for my car insurance, food and my phone bill to boot. These bills add up over time and when I’m not left any tip of sort, I get worried when it comes time to pay my bills.

Servers only make around $5.00 an hour meaning that they have to make the most out of the hours they work by serving as many people as possible, so they can break even with those who make minimum wage. I sometimes have to take five to six tables at the same time. I take their orders, bring them their drinks, set up their food and close their bills; this can be a lot to remember and do while also trying to serve them and keep them happy.

To top it off, my line of work isn’t without its hazards.

Getting burned is a constant possibility during work. I come into contact with sick people, deal with people constantly yelling at me during busy hours over wait times and at the end of the day, I have to clean the entire restaurant.

While I’ve only outlined the negatives of serving so far, there are days when you get customers that really make your entire week. Whether it’s the family that understands your plight, the customer who seems to always make you laugh or the young couple who looks at you and realizes you’re just trying to get by just like them, they can change your day from regular to extraordinary.

With one such young couple, I had the pleasure of talking about certain movies that were out at the time. I told them of how badly I wanted to see “Godzilla” and how the premier was the day after my birthday.

These two young people took the time to draw a little Godzilla for me on the back of the receipt with the day it was to come out and even signed their names on it.

They never came back to the restaurant, but I’ll never forget how much that small act of kindness meant to me. I ended up keeping the receipt as a way of remembering that even though a lot of people come into a restaurant and don’t really care for the one who serves them, there are those who do. Those customers make serving worthwhile.

— luis.santanais.fiusm.com

No tip, no rent: Why you should tip

Louis Santana
OPINION

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 Atrium 210 or WUC 124. With your letter, be sure to include your name, major, year, and copy of your student ID. The Beacon will only run one letter a month from any individual.

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Wednesday, July 16, 2014

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Jack White’s ‘Lazaretto’ breaks genre lines

When analyzing Jack White’s music, one can’t really compare his work to any other musician’s work besides his own, as it usually sounds unlike anything that has ever been done before.

He might have its influences from which he draws inspiration, but Jack White’s music always sounds like nothing else but Jack White’s music. It can probably be safe to say that this is White’s most ambitious release to date, given the cramping of multiple styles and genres into one album.

The reason I say this is the album seems unusually more on the folk rock side than any of his previous releases. White is experienced with this style of music, given his contribution to the soundtrack of the 2005 film titled “Cold Mountain” as well as several songs on “Blunderbuss,” including the title track.

Although the experimentation with instrumentation in this style is similar to “Blunderbuss,” such as the use of harps, fiddles, mandolins and upright bass. White seems to have complicated it further by presenting it in the form of Americana, which is characterized by the contemporary incorporation of country, folk, rock and roll and blues. This isn’t too different as was done in the previous album; however, these elements are thoughtlessly combined all in one.

By this I mean White exhausted whatever charm might come from Americana by cramming it all into the songs as opposed to sparingly throughout the album. Something he was able to musically achieve in “Blunderbuss” but now failed to fully replicate by giving us practically an extension of that, but all jumbled up.

For example, the first single to be released, titled similarly to the album, starts off in White’s familiar fashion with a riff in a similar style to his work with The Dead Weather. It then breaks down into a fiddler’s solo towards the end of the track. Another single, “Just One Drink,” is almost reminiscent of a White Stripes-era track, except it introduces a ragtime piano, the kind you’d probably hear in a saloon; and that same fiddler as before.

“That Black Bat Licorice” introduces a sort of ska feel to the soundtrack of the 2003 film titled “Cold Mountain” as well as several songs on “Blunderbuss,” including the title track.

Unfortunately, whatever was hoped to be achieved by combining all of these styles and genres is overshadowed by an incomprehensible execution. I feel that White focused too much on being the Willy Wonka of vinyl instead of producing quality work to accomplish the experience presented in the vinyl release.

Notable tracks include “Three Women,” “Lazaretto,” “High Ball Stepper,” “Just One Drink,” and “That Black Bat Licorice.”

Final verdict: 3.5/5

JUANETTE REYES

COLUMNIST

"It’s true that the place where one grows up also influences us," said Matheu, 47. "But also, as time passes by, one can understand these influences."

After almost two decades of compiling work, with his “Crossroads of the Dystopia” collection, Matheu’s experiences have finally found a voice.

He’s found a way to make sense of his life’s most influential moments — moments that, according to Matheu, began in Havana, Cuba, a city still struggling with economic isolation and a have-and-have-not system, a byproduct of the country’s still present communist policies.

Matheu also credits his time here in Miami and other experiences throughout the United States, Europe, the Caribbean and Latin America for impacting his work.

Matheu has been a prominent figure on the national and international scenes for over 20 years. With “Crossroads of the Dystopia,” Matheu displays colored pencil drawings, ink on paper and oil on canvas, with some multimedia and public installations, but the most intriguing aspect are the characters who are depicted and show up throughout Matheu’s work — the “dome-head” as he calls them.

Matheu says the idea came to him while looking for “an image that could communicate itself with many cultures, ages and could serve to the viewer as a guide when interpreting the artwork.”

“Perhaps they mask the sense of dystopia he knows is present in his homeland of Cuba, a situation that seems not only hopeless, but at times surreal to those looking in from afar, just as his oddball caricatures appear ridiculously unable to engage beyond the superficial,” said Carol Domian, the museum’s director and chief curator, describing Matheu’s dread-faced characters in her director’s introduction.

Janet Fluet, the curator, says Matheu’s dome-shaped heads serve as a self portrait and collective portrayal of a Cuban naif marked by displacement and dystopia.

“It has spirituality, technology, passion, solitude, dreams, chimeras and depictions,” she said.

Matheu, whose artwork resides at the Lowe Art Museum at the University of Miami, The Bass Museum of Art in Miami Beach and the Museum of Contemporary Art North Miami, will have his collection displayed at the museum until Sept. 14.

“The Frost is proud to have the opportunity to showcase the intriguing and wide-ranging body of work by this acclaimed artist,” Damian said.

life@fiusm.com

JENNY BASTID

PHOTOGRAPHER

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"That Black Bat Licorice" introduces a sort of ska feel to the album with the same reggae piano and fiddler on top of it all.

It can probably be safe to say that this is White’s most ambitious release to date, given the cramping of multiple styles and genres into one album.

Not only that, but the artistry behind all of the work done on the Ultra LP release of “Lazaretto” on vinyl included hidden tracks beneath the center label, locked grooves, starting from the inside out on Side A and a hand-etched hologram, to name a few treats for the vinyl lovers.

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Final verdict: 3.5/5
Alison Weir’s novel describes the unbiased side of the Palestinian-Israeli debate

CRISTINA GARCIA
Staff Writer

As National Public Radio’s 2014 April Fools’ Day joke pointed out, people aren’t dedicating a lot of time to reading articles. We skim over headlines, comment and keep scrolling through our feeds. That said, how many people dedicate time to learning about exhausting topics like Israel and Palestine?

On April 18, author Alison Weir, joined Panthers in the Graham Center to show that she went beyond the first page of Google and found something worth writing about. Prior to writing her book, “Against Our Better Judgement: The Hidden History of How the U.S. Was Used to Create Israel,” Weir was the editor of a small newspaper. She skimmed headlines just like everyone else and didn’t know a lot about Israel or Palestine.

According to Weir, she started paying attention in 2000, when there was the Palestinian uprising. That’s when she decided to learn what it was all about. “I noticed we were getting very one-sided coverage,” she said. “We heard about Israelis in great detail. I thought and expected we would hear about Israelis in great detail. Weir said. “They give us very little information about the events.”

According to the latter article, the Israeli military estimated Hamas to have 10,000 rockets. The former article noted up until now only 700 had been used since fighting began, with 170 intercepted by Israel’s defence system. Yet, up until now, no Israelis have been killed, while 166 Palestinians, mostly civilians, have been killed… while more than 1,000 have been injured.”

During her presentation, Weir asked the audience if it knew how many Israelis those “thousands of rockets” had killed. “They give us very little information about rockets and often leave out [they] are small projectiles that cause very little impact,” Weir said.

According to the IF Americans Know project, 1,110 Israelis have been killed and 8,550 have been injured since 2000. On the other hand, 6,961 Palestinians have been killed, 36,520 have been injured since 2000; another 6,000 Palestinians are currently imprisoned by Israel, while there are zero Israelis imprisoned by Palestinians. These statistics were last updated July 11.

Weir decided to create the organization after visiting the area in 2001. Before her visit, Weir wondered how people were going to treat her as a single female American traveling randomly and haphazardly through the area.

“Weir said approximately 70 percent of the American public does not support taking sides on Israel-Palestine, regardless of the “massive Israeli propaganda” present. Speculations aside, perhaps it’s time some serious research was done on this topic so concrete action can be taken to resolve this conflict.

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Boeing fights its way into FIU students’ hearts

JAMES PROFETTO
Contributing Writer

Tropical Park’s boxing gym isn’t the average learning experience. There are no single-ring boxing rackets. There is nothing a grass-roots boxing needs.

Walking up the ramp and into the gym, one can hear the sounds of a small Yahama cruiser engine and the ground on every swing, a heavy bag being worked on and a single loud voice. Every punch emits a vibration felt throughout the concrete walls of the gym.

There are men and women of every age in the gym — a little boy not even nine years old found his way into the gym and to the heavy bag, with a swing as wide as the boxing ring he stood next to.

The intramural FIU Boxing Club is a club founded by students. Beginning in the fall of 2012, the team has had its leader in Coach Ricky Piedra.

He is the atmosphere booming throughout the gym.

“When I was 12, I lost my dad, so I didn’t have a father figure. I would get into fights a lot and one day, when I was in junior high, a security guard came up to me and asked, ‘Why don’t you box?’ I said, ‘Box? Boxing is soft.’” Piedra said.

Little did Piedra know that boxing would become his life.

“I train a lot of kids every week and on Saturdays we put together a lot of work on the clock. It’s worth it,” Piedra said. “I was in the 141 division.”

As for the direction of the club in the future, Scott hopes it will continue to move in a positive direction.

“FIU’s own Colonel Vo - who taught the ROTC Program - was a longtime coach for the club, but recently decided to hang up the gloves. Now, the club is run mainly by students.”

Piedra was a professional for two and a half years and has been coaching since 2004.

According to Piedra, the best moment in his career lies in the leadership of this club.

“When I train them and I see them growing, competing and winning, that’s when I know it’s worth it,” Piedra said.

Scott has been boxing for two years now, but has been a fan since he was a kid.

“I had a roommate who I used to argue with a lot. We got real close to coming to blows. I had four roommates and he ended up getting on everyone’s nerves. We bought some boxing gloves, did some light sparring and one day I did something [box] with Mayweather. Mayweather had done in a video. My roommate said, ‘Whoa, man, that looks just like Mayweather!’”

For more information on this story, please visit the Sports section of fiusm.com.

Sports Director
Rhys Williams
rhys.williams@fiusm.com

As of the morning of July 9, Ryan Heberling, who was formerly both the throwers coach and the interim head coach of the track and field program here at FIU, was named the official head coach of the program.

“The philosophy of this season, the thing we are going to hang our hat on, is that FIU is a home. It is my home, it is the home of every athlete that walks through here and the saying that we are telling them is that ‘Our house has walls’ we understand that but there is no ceiling to our house.” Heberling added. “Anything is possible within the confines of what we deal with and that is the philosophy that I take every day to practice and the reason that we have had success is because I try to do every day at practice is to set up a competitive atmosphere to where you are so concerned about trying to compete against your teammates and get better that you don’t really notice what you do and you don’t have.”

Focus is instead based on each athlete.

“You focus on your abilities, getting better, and knowing that the coach really cares,” Heberling said. “I have wonderful resources, I have the staff, the SAAC [Student Athletic Academic Center] advis- ors, and everybody who really seems to care here. I think what is most important thing at FIU is that it is not by the numbers thing, it is not if you don’t perform then you are gone. It is more of a ‘This is our family and I’m going to work with you.’”

New Head Coach Ryan Heberling (middle, hugging athlete) celebrating at the 2014 Outdoor track and field Conference USA championships. He was the interim head coach at that time.

Unfortunately for Scott, he did not get the winning decision at the UIUSA competition, but Scott and his coach plan on winning before he graduates.

“The next time [Kareim] fights, we will train so that the opponent will have to give up. His opponent will tell the referee that there’s no way he can win this thing. That’s our goal and Kareim will be ready.” Piedra said.

As a whole, FIU Boxing Club brought home two national championships. According to the UIUSA official website, they won in the men’s 132 division and in the men’s 141 division.

“I’m very, very proud of those guys,” Piedra said.

To breed champions, training must be rigorous. Piedra abides by a strict regimen that his boxers know is not to be taken lightly.

“We run four to five times a week and on Saturdays we put in work on the clock with only an hour break,” Scott said.

He has made it a point to attend every training session on Saturdays.

As for the direction of the club in the future, Scott hopes it will continue to move in a positive direction.

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For more information on this story, please visit the Sports section of fiusm.com.
Triathlon club president sets goal at full Ironman competition

ANTHONY CALATAYUD
Contributing Writer

Imagine the most intense training that you’ve ever gone through. Whether it’s running in the hot sun, swimming in your favorite body of water, riding bike through city streets or isolated dirt roads, the combination of all three of these exercises makes up a triathlon. Everybody has an exercise routine that could involve one of the three aforementioned workouts.

What everybody doesn’t have is the mental strength to not only push themselves to do it, but be the sole motivating factor. That’s right, no coach to push you, no timeout to help you when you’re tired; it’s just you and your resolve.

The University has it’s own group of these extraordinary people walking its campus, led by FIU Triathlon Club President Ernie Diaz.

“Coming from a running background in high school, I was consistently involved with the local Miami running community. I came across a flyer one day that peaked my interest. The event being advertised not only consisted of running, but swimming and cycling as well,” Diaz said.

Not many people get involved with competing in triathlons; Diaz got the inside scoop to the world of triathlon training through a close family friend.

“At the onset of my training, I partnered up with my family friend, German Plascensia, who is 67, he provided me with key training tips and guidance. Over the course of my first season, I was driven to compete in as many races possible. In essence, I was inspired by Plascensia and his strong discipline to persevere during training and life,” Diaz said.

Most students at the University don’t know how grueling a triathlon can be. Races vary in length from sprint, Olympic, half-Ironman and Ironman.

“To be concise, a sprint is comprised of a 400 to 800 meter swim, 10 to 12 mile bike ride, and a 3.1 mile run. An Olympic distance race is the same as a sprint with the distances doubled,” Diaz said. “As for a half-Ironman, the distances are a 1.2 mile swim, 56 mile ride, and a 13.1 mile run.”

Think about the physical shape that you have to be in to do just one leg of a triathlon. Diaz goes on to say that the training is beyond extensive.

“For sprints and Olympics, I typically train about five to six hours a week with two swims, two runs and two bikes. For a long race such as a half-Ironman, the training volume increases about 10 to 12 hours. The breakdown would consist of two swims, three rides (40-75 miles each) and two runs (6.9-6 miles each),” Diaz said.

The University has a relatively new triathlon club. Since the club is about two years old it hasn’t competed in a litany of races.

“The FIU squad has not had the opportunity to race as much as older teams such as (Florida State University) or (University of Florida). Yet, with that being said, each time we have raced collegiately, we have had athletes place in the top 10 percent of their age groups. Moreover, we have also had several top 10 overall finishes throughout the last two seasons,” Diaz said.

The Panther club is young, but not afraid to go against the bigger and older schools that have been entrenched in the triathlon scene for decades.

“Since the club’s inception, there has been a sort of camaraderie created between the members. Each member understands that the club is a learning space to grow as athletes and as individuals,” Diaz said.

“With everything one does, there is more than likely an end result or a certain peak.”

Diaz doesn’t just talk the talk, he walks the walk in a real way. He enjoys the mental strength and discipline that comes from living out this lifestyle.

“For me, that is not necessarily true as I find triathlons to be more of a way of life rather than a choice or a sport,” he said.

Ernie plans to run and finish a full Ironman at the completion of his bachelor’s degree. This triathlon club might just be one of the most impressive clubs that is flying under the radar here at FIU.

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GERMANY WINS WORLD CUP

Many people gathered to watch the final match of the 2014 FIFA World Cup on Sunday, July 13 between Germany and Argentina. Germany won 1-0 with a goal in extra time. Argentina’s Lionel Messi winning the Golden Ball award for best player in the tournament.

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FOOTBALL

Top five football games to see this upcoming season

DIRECTOR

Wi t h the fall fast approaching there is only one thing that comes to the mind of the most avid fan of sports and that’s the official start of football season.

Even though there are some, myself included, that believe football is a sport that goes all 365 days of the year with different levels, workouts and practices going at different times, the regular season begins in August. The Panthers of FIU have 12 games this coming fall, including eight home games.

Even though football fans, regardless of what team they root for, will probably watch all the games, I have come up with what the top five games to watch should be.

September 13: University of Pittsburgh vs. FIU

This is going to be the first “Big Boy” test for the Panthers in 2014. No, I am not talking about the Pitt Panthers, I am talking about the FIU Panthers – you’ll be confusing the next couple of months.

The University of Pittsburgh is historically a football powerhouse and can put up some points. It should be a great game to watch for any fan.

September 20: University of Louisville vs. FIU

This should be known as the “Assessment at Redumption” following the 72-0 blowout that caused FIU to be the laughing stock of college football in 2013. This makes that one of my top five games to watch for FIU in the 2014 season.

October 2: Florida Atlantic University vs. FIU

The Shula Bowl is back in Miami on a Thursday night in early October as the Panthers host the Owls of Florida Atlantic University. The game, which will be on Fox Sports Networks, should be interesting as FIU looks to regain the trophy in this rivalry.

November 1: Rice University vs. FIU

The powerhouse of Conference USA football, Rice University, comes to Miami for the first meeting of the two schools on the football field on Nov. 1. The Owls of Rice are one of the early favorites to win the conference in 2014 and I see no reason to disser that.

November 8: FIU at Old Dominion University

This is one of four away games for the Panthers in 2014 and I think it is the most interesting.

With ODU not even fully being in Football Bowl Series play yet – as they are in their second transitional year – it is hard to know exactly what to expect from the Monarchs.

With quarterback Taylor Heinicke being so dominant for ODU and the quarterback position still yet unknown at FIU it will be strange to see the two teams.

ODU is also the alma mater of FIU’s very own women’s basketball Head Coach Cindy Russo and it will be interesting to see who she will be rooting for in the contest.

Keep checking back to FIUSM.com to get updates on all of the Panthers’ games coming up in the Fall.

Soccer: First U.S. Games Under New U.S. Coach

Maria Lorenzino

The U.S. women’s national team is surrounded by some of the best talent in soccer. Head Coach Jill Ellis, former Florida International University Women’s soccer coach Cindy Russo, has the talent. However, that doesn’t mean that the team is unbeatable.

With Ellis, the U.S. women’s soccer team is looking to make a comeback post London 2012. The team that was once the dominant force in women’s soccer now sits in third place behind Germany and Brazil.

While the U.S. will compete in the 2014 Women’s World Cup in Canada, the team’s success will be closely monitored as they prepare for their next Olympic Games in 2016.

The U.S. women’s soccer team will begin their World Cup campaign against Nigeria, South Korea and Sweden on June 16.

Senior international relations major FedExico Manisto of the FIU Triathlon Club finished second in the Collegiate category of the 2575 triathlon on May 17.

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ASK! Center nearly two months away

SOFIA GALIANO
BBC Managing Editor

Construction of the Academic Skills and Knowledge Center in the Glenn Hubert Library at Biscayne Bay Campus is nearly two months from completion. The ASK! Center is a one-stop shop service desk offering library, technical and tutoring assistance.

Renovations will include a new carpet, seating, PC and Mac computers, study rooms, lighting and electrical outlets.

“We are trying to make it easier for the students,” said Gustavo Arauz, administrative office manager of the Glenn Hubert Library.

The project began in January with furniture testing which allowed the Student Government Association and students to select the chairs they wanted in the new library space.

Now the ASK! Center is being built and is set to be completed by Sept. 15. A wall was installed the first week of July to corner off the area, which Arauz said helps reduce noise from construction.

Signs are posted throughout the library notifying students of the possible disturbance, but Arauz and Shawn Tonner, head of Information and Research Services, are hopeful it will not be a problem.

Other changes are underway in the library. The computers nearest to the entrance were removed to make way for a Starbucks kiosk which will be installed and open for business by fall.

Arauz said once the computers upstairs are removed, they can be for a student to rent outside of campus.

Students kayak to Beer Can Island where they enjoyed a bonfire and s’mores during the BBC Summer Splash: Light Up the Night pool party on Thursday, July 10. Along with night kayaking, students enjoyed music, food, a photo booth, and giveaways.