Haiti celebrated despite tragedies

By C. JOEL MARINO
News Editor

Two hundred years after Haitian General Toussaint L’Ouverture led a slave rebellion that freed Haiti from the rule of Napoleon, the tiny Caribbean nation is again experiencing major struggles.

In the beginning of the year, an uprising ousted President Jean Bertrand Aristide and, later on, over 3,000 citizens died in floods brought by this summer’s constant wave of hurricanes. Because this year is the bicentennial anniversary of that fatal uprising, various organizations at FIU have made an effort to both celebrate the nation’s independence and aid its citizens.

“It’s horrible to constantly hear all the bad things that go on there,” said Mikael Moran, a freshman and mechanical engineering major whose parents are from Haiti. Though his family’s house is in southern Haiti, he says he knows people in the northern part of the island, where most of the flooding took place.

“I keep track of all the events that have been happening there, and it’s really heartbreaking,” Moran said.

As a member of the Haitian Student Organization, Moran has participated in fund-raising events to make people more aware of issues currently taking place in his country.

“The more informed people are, the more they’ll appreciate the situation and what [the Haitian population] is going through,” he said.

So far, the organization has sponsored a party in October that raised $700 and collected over 600 canned goods, all of which were sent to Haitian charities.

On Nov. 18, the organization will hold a celebration in honor of Haiti’s bicentennial. The party will include “kompa” — a type of Haitian music — traditional foods and dances.

The event aims to bring the large Haitian community at FIU together. Fedorah Sylvain, president of the HSO, believes that now, more than ever, is the right time for students to get involved with the affairs of their country.

“There is so much going on right now that people never hear about. We want to bring FIU Haitians together, because that is the only way we can confront these problems, even if we are far away from our country,” Sylvain said.

To educate the wider community on Haitian culture, the Phillip and Patricia Frost Art Museum at University Park set up special programs. Since the start of the term, the museum has been running an exhibit entitled “Lespre Endependans,” a showcase of various sculptures and metal works created by Haitian artists.

“This is an exhibit that’s very important for everyone,” said Gonzalo Adrian Battaglia, the museum’s curator of education. “There is a very broad Haitian population here in Miami, but because they’re not as Cuban or other communities, their traditions don’t carry the recognition they deserve.”

The museum also holds special events every Wednesday, welcoming students to lectures and films documenting the plight of the Haitian people and their long history.

“All students should take advantage of these events, since they broaden the college experience by showing what kind of diversity we have, not only in the school, but in the city as well,” Battaglia said.

See HAITI, page 3

Students divided over presidential election results

By C. JOEL MARINO
News Editor

On Nov. 2, freshman Jessica Thavarajah sat in her Panther Hall room at University Park with friends, staring at a flashing red and blue map on the TV screen. Upon noticing that the map had become predominantly red—the colors used by news stations to pinpoint Republican voting states—Thavarajah cheered, ran out her door and elicited mixed reactions as she happily yelled through the corridors, “Bush is winning! Bush is winning!”

Many Bush supporters at FIU shared Thavarajah’s excitement as the president and many Republican senators were elected after one of the most highly contested elections in decades.

“It was cool to follow, to see what the candidates had to say,” said freshman Nickolai Koverda, a Russian-born resident who followed the election even though he couldn’t vote. “I personally would have voted for John Kerry if I had the chance, but at least everything’s over and we could go back to normal.”

Normal, however, is a notion some think the country can’t achieve at this moment. Democrats rallied behind Massachusetts Senator John Forbes Kerry during the election — pointing out the ongoing war in Iraq, increased tension between the U.S. and foreign powers and what many consider to be a sloping economy — in an effort to remove Bush from office and put an about face on current policies.

“I’m a little disappointed that Kerry lost. There are many issues the Bush administration holds that I disagree with, and I think Kerry could have changed a lot of things,” said freshman Kevin Wilson.

Many students took advantage of Florida’s early voting system to voice their opinions by casting their votes — sometimes standing in hour-long lines — or sending in absentee ballots.

As the night arrived and the polls closed, many followed the ballot counting by TV, radio or computers. This time around, though, Florida was not as big an electoral hinge as it was during the 2000 elections,

See ELECTIONS, page 2
ELECTIONS, from page 1

as it was declared shortly after midnight that Bush won. Instead, the focus was on Ohio, where Republicans were not informed of the state’s electoral votes until the next morning.

“I stayed glued to my TV for as long as I could,” said sophomore Mike Calero. “I’m happy Bush won. He’s done great things with homeland security, and I think the nation chose the best person to be its leader.”

However, Calero says he understands all the complaints that have been brought against the presidency, especially by students who attend traditionally liberal college campuses.

“Everyone has a right to their opinion, as long as they have the facts to back them up,” said Calero.

Still, despite the large Republican win, many Bush supporters felt the tension between parties on campus.

Christina Cunningham, a freshman, says that, as a Republican, she often feels like a minority on her own campus.

“I know more college students tend to be liberal, so I would hear a lot of their ideas. Even in the classroom, teachers would slip political opinions into their lecture, and that made me feel uncomfortable,” she said.

With elections over, Crum hopes the bipartisan tension will ebb over the next few months.

“We should all stick with our leader, even if we disagree with some of his decisions. This is a time when we should all come together as a nation,” Crum said.
FIU celebrates Haitian culture

HAI, from page 1

Enjoy a huge selection of our tasterageous menu with over 50 delicious combinations of hot and cold subs prepared fresh.

SPECIAL VALUE

20% Off

Enjoy 20% off subs with this ad. Exclude Sub Specials. Not valid with any other offer. Limit one coupon per customer visit. Minimum Value $5.00

EXPIRES 11/15/04

1553 S.W. 107th Avenue, Miami, FL 33170-7332

Across from the University Park Campus in the University Shopping Center

THURSDAY • OCTOBER 28

A student parked his vehicle in Lot 5 at the University Park campus and went to class. When he returned, he realized that someone had broken into his car. He told police that he secured his vehicle before going to class, but when he returned, he noticed that the passenger-side door was unlocked. The student reported an air conditioning control unit and CD player as missing.

MONDAY • NOVEMBER 1

Campus police responded to a phone call from an FIU professor at the University Park campus. He reported sparks, and possibly flames, were coming out of an oven in HM 124. The professor and a colleague managed to put out the sparks with several fire extinguishers. Miami-Dade Fire Rescue shut off the power to the oven once they arrived at the scene.

WEDNESDAY • NOVEMBER 3

A student in Bay Vista Housing at the Biscayne Bay Campus called the police and reported a missing check from her checkbook. When the officer arrived, she said that she just spoke to an acquaintance about the missing check, and he admitted to forging the check for $50 and cashing it. When the officer confronted the man, he confessed to the crime. The officer took him to the FIU Police Department for processing and then to the Dade County Jail for booking.

— Compiled by Erin Pena

Haiti Student Stephanie Augustin checks the expiration date on a can before dropping it off at a fundraiser held by the Haitian Student Organization at the University Park campus.

Corrections

In a stand-alone picture published in the Oct. 28 issue, Dr. Lisa Delphi, a visiting professor from Harvard, was the featured speaker.

The Beacon will gladly change any errors. Call our UP office at 305-348-2709 or our BBC office at 305-919-4722.
**WHAT DO YOU THINK?**

The drop date is approaching soon, will you be taking advantage of it?

- No. I've done well in all of my classes up to this point.
- Yes. I've taken one too many classes / I didn't do well on a midterm.
- I can't. Even if I'm not doing well, I need the credits to graduate or for financial aid requirements.
- Midterms? I thought those were finals!

Send your vote at www.beaconnewspaper.com

---

**WINNER & LOSER**

**WINNER**

Ken Jennings: The non-stop Jeopardy! winner has now grossed $2,297,000 in his 66th straight wins, making him the top television game show winner of all time. Sadly, however, Jennings has definitely lost his day job.

**LOSER**

The airbound: A new government study shows that airline prices are rising due to the increased amount of fuel it takes to haul around overweight Americans. Airlines will now require passengers exceeding the size requirement to be stored as cargo.

---

**QUOTEABLES**

“When George Bush heard I would be on stage with the ‘The Bush’ be thought it would be Dick Cheney”

— John Kerry, ex-presidential candidate, at a democratic rally in which he shared the stage with Bruce Springsteen.

“I have a new philosophy on clothes. Now I always wear whatever I’m wearing -- the same outfit -- for four days. And then I never wear it again.”

— Cameron Diaz, actress, in an interview with J-14 magazine.

“My major responsibilities as Grand Marshal are to wave, look fabulous, try not to fall off the float and draw my boosers. I give my fans what they want.”

— Jennifer Tilly, actress, on her duties at the Greenwich Village’s Halloween parade.

“It’s about her lyricism and the lyrical persona and how they articulate certain things that gender and sexuality studies have been trying to grapple with.”

— Greg Thomas, Professor at Syracuse University, telling the New York Daily News that the university will offer a class on the works of rapper Lil’ Kim.

---

**SEND US YOUR LETTERS**

Letters to the Editor must be dropped off in GC 210 at the University Park campus, WUC 124 at the Biscayne Bay Campus or sent to beacon@fiu.edu. Letters must include the writer’s full name, year in school, major/department and a valid phone number for verification purposes. If brought in to an office, a legitimate ID may be accepted instead of a phone number. The Beacon reserves the right to edit letters for clarity and/or spacing constraints. Letters must adhere to a maximum of 400 words.

---

**OPINION**

**Alejandra Diaz Editor In Chief • John Lovell Managing Editor • Alicia Bustamante Opinion Editor**

---

**WHAT DO YOU THINK?**

The drop date is approaching soon, will you be taking advantage of it?

- No. I’ve done well in all of my classes up to this point.
- Yes. I’ve taken one too many classes / I didn’t do well on a midterm.
- I can’t. Even if I’m not doing well, I need the credits to graduate or for financial aid requirements.
- Midterms? I thought those were finals!

Cast your vote at www.beaconnewspaper.com

---

**SEND US YOUR LETTERS**

Letters to the Editor must be dropped off in GC 210 at the University Park campus, WUC 124 at the Biscayne Bay Campus or sent to beacon@fiu.edu. Letters must include the writer’s full name, year in school, major/department and a valid phone number for verification purposes. If brought in to an office, a legitimate ID may be accepted instead of a phone number. The Beacon reserves the right to edit letters for clarity and/or spacing constraints. Letters must adhere to a maximum of 400 words.

---

**WRITE US YOUR LETTERS**

Letters to the Editor must be dropped off in GC 210 at the University Park campus, WUC 124 at the Biscayne Bay Campus or sent to beacon@fiu.edu. Letters must include the writer’s full name, year in school, major/department and a valid phone number for verification purposes. If brought in to an office, a legitimate ID may be accepted instead of a phone number. The Beacon reserves the right to edit letters for clarity and/or spacing constraints. Letters must adhere to a maximum of 400 words.

---

**WARNER & LOSER**

**WINNER**

Ken Jennings: The non-stop Jeopardy! winner has now grossed $2,297,000 in his 66th straight wins, making him the top television game show winner of all time. Sadly, however, Jennings has definitely lost his day job.

**LOSER**

The airbound: A new government study shows that airline prices are rising due to the increased amount of fuel it takes to haul around overweight Americans. Airlines will now require passengers exceeding the size requirement to be stored as cargo.

---

**QUOTEABLES**

“When George Bush heard I would be on stage with the ‘The Bush’ be thought it would be Dick Cheney”

— John Kerry, ex-presidential candidate, at a democratic rally in which he shared the stage with Bruce Springsteen.

“I have a new philosophy on clothes. Now I always wear whatever I’m wearing -- the same outfit -- for four days. And then I never wear it again.”

— Cameron Diaz, actress, in an interview with J-14 magazine.

“My major responsibilities as Grand Marshal are to wave, look fabulous, try not to fall off the float and draw my boosers. I give my fans what they want.”

— Jennifer Tilly, actress, on her duties at the Greenwich Village’s Halloween parade.

“It’s about her lyricism and the lyrical persona and how they articulate certain things that gender and sexuality studies have been trying to grapple with.”

— Greg Thomas, Professor at Syracuse University, telling the New York Daily News that the university will offer a class on the works of rapper Lil’ Kim.

---

**SEND US YOUR LETTERS**

Letters to the Editor must be dropped off in GC 210 at the University Park campus, WUC 124 at the Biscayne Bay Campus or sent to beacon@fiu.edu. Letters must include the writer’s full name, year in school, major/department and a valid phone number for verification purposes. If brought in to an office, a legitimate ID may be accepted instead of a phone number. The Beacon reserves the right to edit letters for clarity and/or spacing constraints. Letters must adhere to a maximum of 400 words.

---

**SEND US YOUR LETTERS**

Letters to the Editor must be dropped off in GC 210 at the University Park campus, WUC 124 at the Biscayne Bay Campus or sent to beacon@fiu.edu. Letters must include the writer’s full name, year in school, major/department and a valid phone number for verification purposes. If brought in to an office, a legitimate ID may be accepted instead of a phone number. The Beacon reserves the right to edit letters for clarity and/or spacing constraints. Letters must adhere to a maximum of 400 words.

---

**WHAT DO YOU THINK?**

The drop date is approaching soon, will you be taking advantage of it?

- No. I’ve done well in all of my classes up to this point.
- Yes. I’ve taken one too many classes / I didn’t do well on a midterm.
- I can’t. Even if I’m not doing well, I need the credits to graduate or for financial aid requirements.
- Midterms? I thought those were finals!

Cast your vote at www.beaconnewspaper.com

---

**SEND US YOUR LETTERS**

Letters to the Editor must be dropped off in GC 210 at the University Park campus, WUC 124 at the Biscayne Bay Campus or sent to beacon@fiu.edu. Letters must include the writer’s full name, year in school, major/department and a valid phone number for verification purposes. If brought in to an office, a legitimate ID may be accepted instead of a phone number. The Beacon reserves the right to edit letters for clarity and/or spacing constraints. Letters must adhere to a maximum of 400 words.
Meteorologist exemplifies duality in infamy

By JAMIE BLANCO
Staff Writer

We often joke that weathermen are the most untrustworthy people in news, but this is ridiculous.

We’ve all heard the story by now: Respected chief meteorologist, Bill Kamal, upon whom this community depended during a crazy hurricane season — was arrested in central Florida allegedly seeking sex from a 14-year-old boy.

As a member of the media, the extent of this betrayal ripped at me. I stepped back and took a look at the other figures we see everyday and realized how much we let people into our hearts who we don’t know personally.

“I trusted him like a member of the family,” said FIU alumna Aida Bar, about Kamal. “That’s someone you would invite to come eat with your family.”

The lastest numbers show an epidemic of child molestation spreading across the country. Yet few people are aware that one in three girls and one in seven boys will be molested before age 18.

Child molesters don’t wear trench coats and lurk around playgrounds; a child molester can be anyone, often someone who knows the child personally, like a family member, family friend or neighbor.

Sometimes they are successful members of the community who need to be discreet.

One simple call to the Athletics Department could have ensured one of the notable ones are based on emotion, and sometimes physical, scare.

In high school, as a frosh, there was a boy I wasn’t fond of, until I found that his shallow behavior was protecting deeper wounds.

For his privacy, I’ll refer to him as Jay. Jay had sex with a 40-year-old man when he was 12. When I told him that he was a victim of statutory rape, he became scared. He said, “It’s not my fault. I con-sented to it. It wasn’t rape.” He believed that being molested was his fault, despite his words to the contrary.

A child molester knows the difference between right and wrong and knows a child doesn’t want to have sex, but he takes advantage of that child’s trust and innocence anyway.

Molesters will often shower their victims with gifts, pull them into a false sense of security and make them feel at fault for the molestation.

Thankfully, many organizations, such as Operation Predator, are fighting to combat this epidemic.

The White House website said that the Department of Homeland Security/U.S. Immigration and Customs Enforcement developed Operation Predator, an initiative to identify, investigate and arrest child predators to protect children worldwide.

As of last year, ICE had brought 3,600 child predators to justice.

To report suspicious activity to ICE, call 1-866-DHS-2ICE or write to Operation Predator.888@Dhs.gov. Or you can contact the Sexual Offender / Predator Hotline at 1-888-FBI-PREDATOR or 1-888-357-7332.

Some say molesters have an illness; in Kamal, I see reckless overindulgence, evident by his former arrest.

Justice has found him tough, and, with hope, through the efforts of these organizations and members of the community, we can bring more predators to justice.

Want to improve The Beacon?
Think you can make it better? We dare you!
Stop by GC 210 or WUC 124 and join The Beacon staff today!
Galician eatery offers authenticity of culture

By CARLOS C. OLAECHEA
Staff Writer

As a Latin American, I often wonder where we got the ideas to make many of the dishes we eat. Of course, I know that the vast majority of our culinary inspiration comes from Spain or Portugal, but I am always curious to know how Latin American renditions of Spanish dishes compare to the originals that inspired them.

Fortunately, I was able to satisfy this curiosity at El Gallegazo, one of the few authentic Spanish restaurants in Miami.

El Gallegazo is literally translated as “The Big Galician” Franco, the restaurant’s owner, is almost always there, and is probably the biggest Galician in Miami. He is steadfast in his pride and love for that region of Spain. Galicia is a region in northern Spain close to the Portuguese border, and it shares a great deal of cultural and culinary similarities with Portugal, like linguistic similarities and a very interesting green wine called Albarinho (sometimes spelled Albarito).

Once you’re inside the restaurant, the decor constantly reminds you that you are about the eat Spanish food: There are Galician souvenirs, maps, posters and soccer team banners on every wall, giving the restaurant a kitchy vibe, but also the sense that the owner really wants you to love Galicia as much as he does.

And you’ll love Galicia and its Miami outpost, El Gallegazo, after the attentive and courteous staff pampers you. They always make sure to serve the ladies first, a tradition that so few servers practice these days in Miami.

We chose an appetizer, the quintessential entrantes ($10.95), a cold assortment of imported Serrano ham, sliced chorizos, Manchego cheese and olives.

The cold cuts and cheese were well aged, and the portions were enough to wet the appetite without ruining it. Entrées were huge and could easily satisfy two people.

My two dining partners ordered the Jarrete de Cordero al vino ($8.95), which is a lamb shank braised in red wine and seasonings. This came with the choice of boiled potatoes, rice or papas españolas (homemade potato chips).

The meat was fall-off-the-bone tender and was well seasoned with a delicious sauce that invited you to lick the plate clean.

I ordered Pulpo a la Gallega ($13.95), a gargantuan serving of tender octopus with a simple seasoning of olive oil, garlic and paprika on a bed of diced boiled potatoes. The portion was so big that I could only eat a quarter of it, but it was well worth it.

El Gallegazo also makes very good desserts, such as crema catalana (Spain’s thinner answer to the crème brûlée), and peras al vino, whole pears simmered in wine and sugar served with their sumptuous cooking liquid.

We returned again on Sunday for their lunch buffet, which includes salt cod croquettes and Galician specialties like Cocido Gallego (think well seasoned New England boiled dinner and add an entire butcher shop). They also serve an excellent paella campesina, which replaces seafood with lamb, sausage and chicken.

The meat dishes are spectacular and very filling, giving you a good excuse to practice the Spanish tradition of the siesta after your meal. However, as with most buffets, the fish and seafood tend to be tough and dry. If you really want to savor El Gallegazo’s perfectly prepared seafood, I suggest you order it a la carte.

Nevertheless, there are enough non-seafood dishes in the buffet to leave you satisfied. The lunch buffet is about $13 and includes dessert and bottle of wine or pitcher of sangria for parties or a glass of either for individual diners.

There is also a tapas bar that serves cold cuts, cheeses, croquettes, house cured sardines (boquerones), and small portions of wine or pitcher of sangria for parties or a glass of either for individual diners.

El Gallegazo is truly a gem in the Miami restaurant scene and a taste of authentic and original Hispanic culture and cuisine. Once you eat here, you won’t be fooled again by cheap Latin American copies.

EDITOR’S NOTE: The Beacon chooses restaurants at random based on their proximity to the FIU campus and their affordability to students. The restaurant is not informed of the reviewer’s affiliation with The Beacon, and the reviewer pays for all the meals.
The Beacon – November 8, 2004

Russel Wright exhibit

The Russel Wright Exhibit, located on the second floor of the Green Library, honors the centennial of the birth of the American designer Russel Wright.

While Wright’s creations are very modern looking, they are less Art Deco and more amorphous in their modern style.

Wright’s early works consist of a limited number of masks of celebrities. Early in his career, he also created several groups of animal images, such as Libbilou horse bookends, a Whoosoo seal paperweight in gold finish and a swan nut cup, all made from various metals. They all came in different sizes and were considerably heavy. The pieces are inscribed with his initials, R.W., and remain his most sought after work.

The exhibit will run from Aug. 20 through Dec. 17. Admission is free and open to the public. For more information call 305-348-0297.

Fast Facts

• He was one of the 20th century’s leading industrial designers.
• He was the first to successfully market his work with his own name as a defined brand.
• He designed furniture, dishes, appliances, glassware, table linens, accessories, art and pottery.
• He was one of the first designers to embrace modern materials, such as plastics, to create artistic objects and appliances.
• He is author of “The Guide to Easter Living,” in which he defined the style of his work.
• He personified the Modernist style as he and his wife aimed to present a philosophy of living through lifestyle marketing.

For more information visit www.fiu.edu.

Career Services, located in GC 230, provides assistance to all majors and alumni who are seeking internships and careers by offering them resume critiques and workshops to make job listings accessible to them.

Are these stairs leading to heaven? We don’t know what artist Ani Karma Chotso is illustrating in her work, Red Stairs in Sky #2.

Each nostril of a human being registers smell in a different way. Smells inhaled from the right nostril are more pleasant than the left.

– Compliments of www.hookedonfacts.com
No vaccine for you? Here’s how to dodge the flu

By PATRICIA ANSTETT
Knight Ridder

Can’t get a flu shot? Here’s how to protect yourself.

With the flu season upon us, we call on experts for ways to help you stay healthy this flu season. Here’s what you need to know:

**HOW FLU BUGS SPREAD**

Flu viruses come in various types, or strains, and some years they’re stronger than others. They keep changing, too. Just when the experts think they know how to stop them, they change, or mutate, or, if you prefer, an alcohol-based hand sanitizing product. Wash as long as it takes to sing “Happy Birthday” twice. Experts say microbial hand washes are a waste of money.

Avoid touching your eyes, mouth and nose, where flu bugs like to gather. Eat properly. Get a good night’s sleep. Exercise. Stay strong. If you get the flu, go to your doctor immediately to get an anti viral medicine, which should be taken during the first 2 days you experience flu symptoms.

These drugs, known under such brand and generic names as Flumadine, rimantadine, Relenza and Tamiflu, come in pill, syrup and orally inhaled forms. Although they usually lessen the duration and severity of the flu, they can cause harsh side effects, including nervousness, anxiety, nausea, nasal infections, headaches and dizziness. They range in price from $35 to $86 for a typical course and may not be covered by insurance.

**HERBAL OPTIONS**

There’s debate about whether vitamins and herbal products help prevent the flu. The Internet offers a mother lode of products, including garlic capsules and bath solutions like tea tree oil, to stimulate the immune system. Zinc tablets may work, some doctors say. Experts disagree vehemently about vitamin C, however. Just remember this: Too much vitamin C is not good for you. It’s an acid that can irritate your stomach.

A better bet is to pack your diet with foods rich in vitamin C. Ann Arbor registered dietician Diana Dyer suggests oranges, grapefruit, kiwi, berries, carrots, sweet potatoes, sweet pepper, tomatoes, spinach, kale, broccoli, cabbage and brussel sprouts.

She also recommends foods high in vitamin E, including avocados, nuts, seeds and wheat germ, as well as tuna, herring, mackerel and other fatty fishes, to help make white blood cells that fight infection.

Deep breathing and massage may boost the immune system. Sit or lie with your spine straight and take 10 deep breaths each hour.

Gerald G. Jampolsky, M.D., and Diane V. Cirincione, Ph.D.

"Forgiveness: The Greatest Healer of All"

Wolfe University Center 244
(Escaury Bay Campus)
Nov. 9 Tues.
7:30 p.m.

Our definition of health is inner peace, and healing is a process of letting go of painful, fearful thoughts and attitudes. We define the purpose of all communication as joining and seeing love as the most significant healing force there is. As a service, the Center is based upon the belief in the vast resourcefulness of each individual and in their capacity to help themselves and each other in finding ways to heal fear, conflict and separation.

**FLU KNOW-HOW**

Wash your hands vigorously and often with plain old soap and warm water or, if you prefer, an alcohol-based hand sanitizing product. Wash as long as it takes to sing “Happy Birthday” twice. Experts say microbial hand washes are a waste of money.

Avoid touching your eyes, mouth and nose, where flu bugs like to gather. Eat properly. Get a good night’s sleep. Exercise. Stay strong. If you get the flu, go to your doctor immediately to get an anti viral medicine, which should be taken during the first 2 days you experience flu symptoms.

These drugs, known under such brand and generic names as Flumadine, rimantadine, Relenza and Tamiflu, come in pill, syrup and orally inhaled forms. Although they usually lessen the duration and severity of the flu, they can cause harsh side effects, including nervousness, anxiety, nausea, nasal infections, headaches and dizziness. They range in price from $35 to $86 for a typical course and may not be covered by insurance.

**HERBAL OPTIONS**

There’s debate about whether vitamins and herbal products help prevent the flu. The Internet offers a mother lode of products, including garlic capsules and bath solutions like tea tree oil, to stimulate the immune system. Zinc tablets may work, some doctors say. Experts disagree vehemently about vitamin C, however. Just remember this: Too much vitamin C is not good for you. It’s an acid that can irritate your stomach.

A better bet is to pack your diet with foods rich in vitamin C. Ann Arbor registered dietician Diana Dyer suggests oranges, grapefruit, kiwi, berries, carrots, sweet potatoes, sweet pepper, tomatoes, spinach, kale, broccoli, cabbage and brussel sprouts.

She also recommends foods high in vitamin E, including avocados, nuts, seeds and wheat germ, as well as tuna, herring, mackerel and other fatty fishes, to help make white blood cells that fight infection.

Deep breathing and massage may boost the immune system. Sit or lie with your spine straight and take 10 deep breaths each hour.

Gerald G. Jampolsky, M.D., and Diane V. Cirincione, Ph.D.

"Forgiveness: The Greatest Healer of All"

Wolfe University Center 244
(Escaury Bay Campus)
Nov. 9 Tues.
7:30 p.m.
Howard finished third out of 68 runners

By ANDONI GONZALEZ-RUA
Staff Writer

“Just another day at the office.” That would be one way to describe the FIU Women’s Cross Country team’s performance at last weekend’s Sun Belt Conference Championships in Little Rock, Ark. Sophomore Amanda Howard who finished in third place at the meet running a 5k in 18.53, led the team.

The lady Golden Panthers finished third in the conference for the second year in a row and once again advanced to the NCAA South Regional meet on Nov. 13 in Tuscaloosa, Ala.

By finishing in the top ten at the conference meet, Howard earned all-Sun Belt honors for the first time in her career.

She is also the only Golden Panther to have ever finished in the top five at the conferences’ crown meeting.

Paola Reategui finished 15th for the Panthers with a time of 19:48; Deidra Witherspoon and Apryl Wall finished just five seconds apart each other in 25th and 27th places respectively. Katherine Cardenas closed out the points for FIU with a 53rd place finish at 22:21.

Western Kentucky walked away with the title composing for just 33 points; they were followed by Arkansas-Little Rock with 69.

The Golden Panthers edged New Mexico State University by just one point, 123-124. Last year’s runner-up, North Texas, finished six points behind FIU with a team score of 129.

The men’s, team on the other hand, once again struggled to find their place and finished dead last in tenth place, consequently ending their sub-season.

DJ Keller once again led the Golden Panthers, finishing the 8k race in 43rd place with a time of 28.48; Egon Vollmer finished second for the team eight places behind Keller with a time of 29.22.

Angel Fernandez, Noel Delgadillo, Robert Castillo, and Rene Rodriguez all finished within five spots of each other.

FIU finished with a team score of 272.

The Golden Panther men’s team were tamed by the Ragin’ Cajuns from the University of Louisiana-Lafayette who won the meet with a team total of 88 points, five in front of runner-up Middle Tennessee State.
We were named one of Fortune magazine’s “100 Best Companies To Work For.” And you can bet it wasn’t because of the free coffee.

Job perks are great. And at Ernst & Young we happen to think the most important ones are those that help our employees grow. That’s why we’ve given them access to some of the best professional development programs in the country. As well as the opportunity to work on some of the most prestigious brands in the world. In turn, Fortune magazine recognized us as one of the “100 Best Companies To Work For” six years in a row. So if you’re looking for a great place to work, look for us on campus. Maybe we can grab a cup of coffee.

ey.com/us/careers

Teach in Japan!

Aeon Corp. is recruiting individuals to teach English in one of our 280 schools located throughout Japan.

Recruiting in Tampa
December 5, 2004
Spring ‘04 graduates earning BA/BS
• Competitive Salary
• Housing Assistance
• Furnished Apartment

Please send a resume and 1 pg. essay titled "Why I want to Live and Work in Japan" by 11/28/04 to:

AEON
230 Park Ave., #1000
New York, NY 10169

Or E-mail application materials to:
aeoninc@aeonet.com

*Word or PDF only

www.aeonet.com

The Beacon wanted to squeeze in this message and let you know that we are currently seeking an Advertising Production Manager.

Candidates should be proficient in Adobe InDesign or Adobe Pagemaker.

If you are interested stop by GC 210 and speak to Hatzel Vela. You may also reach him at 305-348-2709 or at beacon@fiu.edu

Sports Writers Needed!

Do you like sports? Do you watch sports? Well then…come on by WUC 124 or GC 210 and talk to Harry Coleman or you could be all technological about it and e-mail him at beaconsports@yahoo.com
A Road Well Traveled: Plentz assumes leading role for men’s soccer

By NIKOLAY OREKHOV
Staff Writer

The leading goal scorer for the Golden Panthers men’s soccer team has come a long way in more aspects than one. Fernando Plentz, the senior forward and native of Rio de Janeiro, Brazil arrived in Miami during the summer of 2002. The trip and adjustments were difficult to overcome, but, as Fernando admits, “Change is always good.”

This is not the first time that Fernando lived in the United States. In 1994 at age 12, Plentz and his family lived in Dallas, Texas, before returning back to Brazil. Traveling was part of Fernando’s ordinary life, as his father Jaime was an engineer for the Texaco Oil Company, requiring the family to move and relocate on a continuous basis for his job.

Fernando’s road to stardom as a Golden Panther was in itself a lengthy one. Although Plentz grew up in the soccer capital of the world, he first became intrigued with the prospect of playing college soccer when he was in Texas. While in Dallas, Fernando attended a college soccer game and soon realized that playing soccer for a university was what he wanted to accomplish in life.

But, his goals were derailed, when his father’s job forced the family to move back to Brazil. Plentz does not have any regrets about his continuous traveling experiences, as he understands that his family had little choice.

He finally got his long-awaited opportunity in the summer of 2002, when his father arranged a tryout with head coach Karl Kremer. A mutual friend of Plentz’s father and coach Kremer made the arrangement possible.

Upon meeting Plentz, “coach Kremer did not know what to expect,” Fernando explained.

The tryout was based on an exhibition game in which Fernando participated, playing against the Soccer Locker team. “I played so bad that coach Kremer thought I wasted my time,” Plentz said. This experience did not discourage Plentz however, as he returned to Brazil for the remainder of the summer, where he watched the World Cup as inspiration and followed it with continuous training in an effort for another chance at a tryout.

Plentz got another tryout and second opportunity to impress the FIU coach. Except this time he shined.

In a 3-2 preseason scrimmage win, Plentz scored all of the team’s three goals and won over the coach. “I was in a much better shape and much more prepared, and things just turned out well for me,” Plentz said.

Everything seemed to be going well for Plentz; he played in 10 games, recording four scores and no points, before injuring his shoulder and missing the remainder of the season. The injury was difficult to overcome, as he was still in the process of adjusting and learning FIU’s system, but Plentz’s toughest obstacle was yet to come.

The following year, despite coming off the bench, Fernando’s minutes increased significantly and he was on the verge of having a breakout year, when he fractured his leg during a tryout attempt. At the time, Fernando had played in 14 games and led the team with five goals and thirteen total points. He missed the remainder of the season.

“It was very disappointing and frustrating, I worked and prepared so hard and then that happened. It was very devastating to be dealt with at first,” Fernando said.

His teammates and coaches, however, eased the recovery process, when they showed their support; helping him in various situations, and wearing undershirts during games, which included inspirational messages for a speedy recovery.

Fernando did not let himself feel down; he continued to travel with the team, even attending a game in UCLA, and in support of his teammates. The team later bounced out in the Sweet 16 that year and Plentz’s road to recovery was underway.

A fracture and two surgeries later, the forward still feels the effects of last year’s injury after each practice and every game.

Plentz admits that he is still not at 100 percent; he is going through rehab and feels soreness in his ankle daily. With that in mind, one can only imagine the success he would have playing on two healthy legs, as he already leads the team with six goals and 12 total points through 13 games this season.

Plentz’s next home game will be on Nov 12 against Hartwick. The forward hopes the season ends in victory in order to head into the NCAA tournament with high spirits.

Complete your M.B.A. in only 12 months.

At the H. Wayne Huizenga School of Business and Entrepreneurship you can take classes in as few as two days a week and earn your degree in just 12 months. Develop unique business perspectives... Acquire the skills to succeed in today's rapidly changing environment... And propel yourself towards an advanced degree with our one-year MBA Day program.

You’ll be taught by accomplished, doctorate-level faculty with current, real-world business expertise. You’ll also receive academic credit for internships.

Programs in Ft. Lauderdale with April and October start dates.

M.B.A. programs available in Entrepreneurship, Finance, and Health Services Administration. Other Master’s programs include Accounting and Taxation, Human Resource Management, International Business Administration, Leadership, and Public Administration.

For more information, please call 800-672-7223, ext. 5168 or visit us at www.huizenga.nova.edu

H. Wayne Huizenga School of Business and Entrepreneurship
Women advance to championship on penalty kicks

By ANDRES CORDERO
Staff Writer

The Host Golden Panthers Women’s Soccer team advanced to the final round of the 2004 Aeropostale Sun Belt Conference Tournament on Nov. 6, after consecutive victories over fifth seeded Western Kentucky and number one seeded Middle Tennessee in the quarterfinal and semifinal matches.

The fourth seeded Golden Panthers improved to a perfect 7-0 at home (8-11-1 overall) and move on to face the No. 2 seed North Texas (15-5-1) in the final round.

The match will take place at University Park on Nov. 6 at 1 p.m. The winner will be crowned Sun Belt Conference Champion and receive an automatic bid into the NCAA Championship tournament.

SEMIFINAL: FIU 2 – MT 2

The Golden Panthers defeated top seed Middle Tennessee on Nov. 4 on penalty kicks (5-2) after a 2-2 draw in regulation and two scoreless overtime periods. With the shootout tied at 2-2, Junior Janessa Taddei slammed a penalty kick past the outstretched arms of Middle Tennessee’s Jenny Manis striking the upper left hand corner of the goal and giving the host team a one-goal advantage.

By Rebecca Rodriguez in the 57th minute and English-born Debs Brereton in the 72nd. Brereton struck a gorgeous goal from outside the box in the 11th minute ahead early when Alicia Dalby scored for FIU. MT’s Brereton sent a ball sailing over the crossbar and Madeline Gannon made a diving save to lift the Golden Panthers to a 2-0 start in penalty kicks.

Laura Miguez and Rachel Holmes evened the score in the third and fourth round respectively, but Ward’s missfire was the difference and the Golden Panthers advanced to the final.

“It was a hard-fought match,” said skipper Everton Edwards. “We have a lot of admiration for Middle Tennessee and they played a great game. Neither team deserved to lose this one.”

QUARTERFINAL: FIU 5 – WKU 3

FIU opened the 2004 Aeropostale Sun Belt Conference Championships in impressive fashion, scoring five goals against the Hilltoppers of Western Kentucky in the quarterfinal round.

Western Kentucky University jumped ahead early when Alicia Dalby scored from outside the box in the 11th minute of the match. The FIU equalizer came in the 40th minute, off the foot of Megan Meade, who found the ball in front of the goal after a Janessa Taddei corner kick. The second half was the most productive in FIU history, as the Golden Panthers scored four goals in 45 minutes.

Janessa Taddei scored her eighth goal of the season 10 minutes into the second half on a bending free kick from ten yards outside the box and assisted in Yaneash Donaldson’s goal in the 53rd minute.

Valerie Patrick scored twice for the first time in her FIU career, tallying goals in the 71st and 77th minutes to help boost FIU past Western Kentucky and into the semifinal round.

Head coach Everton Edwards was banned from the match because of a booking received for arguing with an official during the season finale against North Texas. Assistant coach Daniel Brizard sat in for Edwards.

At press time, the final game of the Sun Belt Conference had yet to take place. The results and complete game story can be read online at www.beaconnewspaper.com.