September 11, 2006

University enrollment increases

40,000 students attending FIU this semester, and the University is once again showing strong and rising enrollment numbers.

“The high enrollment rates affect the University in a positive way,” said Larry Lunsford, Associate Vice President of Student Affairs. “It increases the University’s visibility and the students that graduate become alumni and are supportive of the University.

Although official enrollment numbers for the Fall 2006 semester have not yet been compiled, the available information indicates another hike in undergraduate and graduate students.

According to the Office of Planning and Institutional Effectiveness report, FIU accepted 31,199 undergraduate students and 5,732 graduate students; a total of 37,326 were enrolled at the beginning of the Fall semester.

Data for international students, unclassified students and University Park/Biscayne Bay Campus allocation is not available at this time.

“The growth can be attributed to better national and international reputation,” Lunsford said. “The University becoming known nationally and internationally attracts people who had never previously heard of FIU. When your programs are ranked nationally, people read about the program; [if] they want to major in that particular field, they start looking at the institution.”

As in 2005, approximately 57 percent of those students are female and 43 percent male.

Eighty-two percent attend UP, and about 20 percent attend BBC.

False fire alarms disrupt classes

As freshman Vignesh Doraiswamy sat in his ENC 1101 English Composition class, the last thing he expected was the loud ringing of the fire alarm. Within seconds, his class had to evacuate into the halls of the Graham Center in University Park.

“We all had to leave class and stand outside. Fifteen minutes into class, the alarm went off and we had to evacuate,” Doraiswamy said.

Doraiswamy was affected by a fire alarm at least two more times later in the semester.

Like Doraiswamy, many students attending classes in the Graham Center had their classes interrupted since the summer of 2005 because of a series of false fire alarms.

The alarm had been triggered because of a construction project.

Graham Center hosts 9/11 event

“Whether you were watching it on TV or had family involved, that day forever changed the lives of people around the world,” said Vanessa Vazquez, coordinator of Administrative Services.

To commemorate the fifth anniversary of 9/11, the Graham University Center is organizing a series of events today in memory of those who lost their lives on the day. Among the events planned are performances by a member of the FIU Marching Band, a presentation by the National Guard, a History Channel documentary and a candlelight ceremony.

“The event is meant to look back upon the events of 9/11 and those who died,” said Student Union Committee Chairman Michael Jadoo. “It is also an event to honor those working in the FIU services.”

The events will begin at 8:30 a.m., with the distribution of flags and the half-mast ceremony. The FIU Marching Band will perform the National Anthem at 9 p.m., which will be followed by a trumpet solo by FIU marching band member Cristian Escobar.

The afternoon’s main events will start at 12:15 p.m., where Jadoo will deliver the opening remarks and officially open the ceremony. FIU ROTC Cadet Enrollment Officer Major Wally Gallart will then lead the FIU Army ROTC in a Color Guard presentation.

After readings and prayers by the multi-faith council, Vice President of Student Affairs Rosa Jones will hand out recognitions to the Department of Public Safety, the Miami-Dade Fire and Rescue Department, the Department of Military Sciences and the volunteers from the Alternative Spring Break 9/11 service site.

“We wanted to make sure to recognize those who are currently serving in the army, the police, the firemen and the students who volunteered,” Vazquez said.

The ceremony is expected to conclude with a candle ceremony and a moment of silence at 1 p.m. The candlelight ceremony will be a moment to remember how iconic that day was, according to Vazquez.

The participants of the ceremony will then be directed to GC 140, where they can watch “First Response,” a History Channel 9/11 documentary, which will be followed by a panel discussion with Religious Studies professors Daniel Alvarez, Aisha Musa, and committee religious leaders.

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Remembering 9/11: 5 Years Later, Pg. 6, 7 >>
Renovations trigger fire alarms

**ALARMS, page 1**

**Ringing!!!**: False alarms, that may have been triggered by the Graham Center Food Court construction, disrupted classes and students were forced to evacuate.

**TUESDAY • SEPTEMBER 12**

SPC Films presents Two Band Tuesdays: 12 noon, (Gracie’s Grill)

SOC General Meeting: 5:30 p.m., (GC 140)

SPC Karaoke Night: 7 p.m., (Gracie’s Grill)

The Salsa Kings: 7:30 p.m., (GC Atrium)

**FIU College Democrats present “Syriana”: 9 p.m., (GC 140)**

**WEDNESDAY • SEPTEMBER 13**

Women Rock the Vote: 11 a.m., GC 140

SGA General Meeting: 4 p.m., GC 150

The Salsa Kings: 7:30 p.m., (GC Atrium)

SPC Comedy presents Steve Trevino and the Miami Improv’s Finest: 8 p.m., (GC Ballrooms)

**THURSDAY • SEPTEMBER 14**

Inter-Fraternity Council Bid Day

The Salsa Kings: 7:30 p.m., (GC Atrium)

GSA Gradskeller: 8:30 p.m., (Gracie’s Grill)

**FRIDAY • SEPTEMBER 15**

Golden Panthers Men’s Soccer hosts Illinois-Chicago: 7 p.m., University Park Soccer field (Admission – $5 (Adults), $3 (Seniors, youth), Free (FIU Students with ID))

SPC Films presents “Thank You For Smoking”: 6 p.m., University Park Towers Lounge

**SATURDAY • SEPTEMBER 16**

SPC Concerts presents Two Band

1 p.m., University Park Soccer Field (Admission – $5 (Adults), $3 (Seniors, Youth), Free (FIU Students with ID))

SPC Films presents Steve Trevino and the Miami Improv’s Finest: 8 p.m., (GC Ballrooms)

**SUNDAY • SEPTEMBER 17**

Golden Panthers women’s soccer team hosts Mount St. Mary’s: 12 p.m., University Park Soccer Field (Admission – $5 (Adults), $3 (Senior, Youth), Free (FIU Students with ID))

Golden Panthers Men’s Soccer hosts Mercer: 1 p.m., University Park Soccer Field (Admission – $5 (Adults), $3 (Senior, Youth), Free (FIU Students with ID))

Men’s Soccer hosts Central Connecticut: 2:30 p.m., University Park Soccer Field University Park Soccer Field (Admission – $5 (Adult), $3 (Senior, Youth), Free (FIU Students with ID))

**NEWS NEEDS YOU!**

*The Beacon* is always looking for dedicated staff members.

Apply in GC 210
Pepsi may become University's new soda vendor

In 2001, the Coca-Cola signed an exclusive 10-year contract with FIU, which states that the only beverages that will be sold on campus will be Coca-Cola products.

However, things may be about to change in favor of the Pepsi Corporation.

When Coca-Cola signed the contract with FIU, the contract had a five-year renewal clause, so FIU, the contract had a signed the contract with the company. As a result, in 2006, the contract was due to expire.

"Pepsi may be about to change in the beverage market," remarked a Student Government Representative. "If you look now, you can see remains from over a year and half ago," remarked a Student Government Representative.

"When Coca-Cola is going against the decision of the executive council, the council strongly believes that their decision is usually upheld, according to Townsend. More importantly, would be the percentage return FIU would receive from every product sold. FIU currently receives a percentage of every Coke product sold on campus. A factor such as that could easily sway the council.

"FIU was an unofficially Pepsi exclusive school before we switched to Coke," said Townsend.

Townsend also indicated that the decision process, rather than the decision itself, was the key point in the council's choice to switch. More importantly, would be the percentage return FIU would receive from every product sold. FIU currently receives a percentage of every Coke product sold on campus.

"Students are limited to receiving 10 cases and if their event has any fee associated with it, is not likely they will be approved to receive any free product," said Townsend.

TAKING A CUE

SGA notes

For the first time in three years, SGC-UP held their weekly meeting in the cafeteria of the Engineering Campus, located at Flagler and 8th Street. In a resolution (HR 06-05) passed during a Monday House Meeting, representatives approved a BBQ for the Engineering Campus, which does not have any Welcome Week events. As is tradition, the first meeting of the semester was scheduled to be held in the GC Pit. However, it was cancelled due to Ernesto.

Resolution 06-06 was passed. Student organization now will need to apply to "window paint" in GC, a form of advertising. If you look now, you can see remains from over a year and half ago," remarked a Student Government Representative.

SGA meetings are traditionally held every Wednesday at 4 p.m. in GC 150. Want to find out more information? Visit http://www.fi u.edu/~sga

TAKING AIM: Trick shot player "Fast Larry" Guninger demonstrates a sophisticated trick shot to students at the Porter Davis Game Room on Sept. 6. Guninger performed at FIU on Sept. 6 and 7.

\[\text{Christine Niguel} \]

\[\text{SGA to host Parking and Traffic forum}\]

The SGA-UP Student Services Committee will be hosting a public forum for students to voice their parking and traffic concerns with the Director of the Parking and Transportation Department, Bill Foster.

Among some issues up for discussion are parking tickets, appeals and shuttle bus services. The forum is scheduled to take place at 1 p.m. Sept. 15 in the Graham Center 140.

\[\text{NATIONAL}\]

Government rejects dental fillings report

Government health advisors rejected a federal report that concluded dental fillings used by millions of patients are safe. Instead, they proposed further study of the mercury-laden amalgam is required.

However, the joint panel of Food and Drug Administration advisors did not declare the "silver fillings" unsafe. But in a 13 to 7 vote Thursday, the advisors said the federal report didn’t objectively and clearly present the current state of knowledge about the fillings.

\[\text{Compiled by Betsy Martinez from Beacon staff and wire reports}\]

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\[\text{Ben Badger Jr.} \]

\[\text{Staff Writer}\]

\[\text{In 2001, the Coca-Cola signed an exclusive 10-year contract with FIU, which states that the only beverages that will be sold on campus will be Coca-Cola products. However, things may be about to change in favor of the Pepsi Corporation. When Coca-Cola signed the contract with FIU, the contract had a five-year renewal clause, meaning after five years, FIU could look for someone else to provide beverages on campus if they are dissatisfied with the service.}\]

\[\text{When Coca-Cola outbid Pepsi five years ago they added an exclusivity clause to the contract, meaning that only Coke can sell beverages on campus. The five years are up and FIU has been searching the market. Every year Coke hires one or two students to make sure we are fulfilling our part of the contract, said Felicia Townsend, Director of Business Services. Adding the clause to the contract also meant that Coke would have to pay FIU an increased amount. Townsend is currently in the process of preparing to send out a notice that FIU is in the market for a new vendor. While no bids have been received, Townsend said that there would really only be two competitors: Coca-Cola and Pepsi. Townsend also said that the selection process the council would remain neutral. However, Wolfgang Acevedo, Student Government Association Student Services Chair, alluded to the executive council’s preference for Coca-Cola. Only if the executive council strongly believes going against the decision will they overturn it. We are looking for what’s best for students, said Townsend. This guiding principle is supposed to help the committee remained unbiased. Among members of a committee made up of faculty, staff, Business Services and SGA members will cast a vote over the switch. Each group has a vote. However the vote is not the final word of the decision process, rather the decision by this committee is taken to the executive council for approval, a decision that is usually upheld, according to Townsend. More importantly, would be the percentage return FIU would receive from every product sold. FIU currently receives a percentage of every Coke product sold on campus. A factor such as that could easily sway the council. FIU was an unofficially Pepsi exclusive school before we switched to Coke, said Townsend. Townsend also indicated that the decision process, rather than the decision itself, was the key point in the council’s choice to switch. More importantly, would be the percentage return FIU would receive from every product sold. FIU currently receives a percentage of every Coke product sold on campus. A factor such as that could easily sway the council. FIU was an unofficially Pepsi exclusive school before we switched to Coke, said Townsend. Townsend also indicated that the decision process, rather than the decision itself, was the key point in the council’s choice to switch. More importantly, would be the percentage return FIU would receive from every product sold. FIU currently receives a percentage of every Coke product sold on campus. A factor such as that could easily sway the council. FIU was an unofficially Pepsi exclusive school before we switched to Coke, said Townsend. Townsend also indicated that the decision process, rather than the decision itself, was the key point in the council’s choice to switch. More importantly, would be the percentage return FIU would receive from every product sold. FIU currently receives a percentage of every Coke product sold on campus. A factor such as that could easily sway the council. FIU was an unofficially Pepsi exclusive school before we switched to Coke, said Townsend. Townsend also indicated that the decision process, rather than the decision itself, was the key point in the council’s choice to switch. More importantly, would be the percentage return FIU would receive from every product sold. FIU currently receives a percentage of every Coke product sold on campus. A factor such as that could easily sway the council. FIU was an unofficially Pepsi exclusive school before we switched to Coke, said Townsend. Townsend also indicated that the decision process, rather than the decision itself, was the key point in the council’s choice to switch. More importantly, would be the percentage return FIU would receive from every product sold. FIU currently receives a percentage of every Coke product sold on campus. A factor such as that could easily sway the council. FIU was an unofficially Pepsi exclusive school before we switched to Coke, said Townsend. Townsend also indicated that the decision process, rather than the decision itself, was the key point in the council’s choice to switch. More importantly, would be the percentage return FIU would receive from every product sold. FIU currently receives a percentage of every Coke product sold on campus. A factor such as that could easily sway the council. FIU was an unofficially Pepsi exclusive school before we switched to Coke, said Townsend. Townsend also indicated that the decision process, rather than the decision itself, was the key point in the council’s choice to switch. More importantly, would be the percentage return FIU would receive from every product sold. FIU currently receives a percentage of every Coke product sold on campus. A factor such as that could easily sway the council. FIU was an official}
WUC sponsors essay contest

JEMELLE TUCKER
Contributing Writer

With the high cost of textbooks, and other collegiate expenses, some students may be looking for budgetary alternatives.

The Wolfe University Center, which holds the majority of student activities located at FIU’s Biscayne Bay campus, is hosting an essay contest in conjunction with the kick-off of its 2006-2007 year theme “Expanding Walls and Horizons.”

With money provided by WUC’s funds, winners will receive a gift bag for first, second and third place, and $150, $75, $50 bookstore scholarships respectively.

Although the WUC contest uses various themes each year, this is the first year they will be using the essay format.

“Last year we held a photography contest, but we wanted to change things a bit and try something new,” said Vivian Perez, Assistant Director of Marketing and Guest Relations.

Last year we held a photography contest, but we wanted to change things a bit and try something new.

All submissions must include the student’s name and contact information. A one page essay is required for entrance in the contest and can be sent to Perez at her university email, perezv@fiu.edu by the deadline.

“I think a lot of students are too busy with classes or other things,” said Natalie Sious, junior.

“Others might not want to write the essay because they do not like to write,” Foley said.

However, Foley thinks the awards should be perfect initiatives for anyone at BBC.

“The prizes are pretty good so I think I would enter,” said Foley.

For more information, students can log on to the schools website at http://www.fiu.edu/~bbc/Contest.htm or contact the information desk in the front of WUC between operation hours.

THE BULL BY THE HORN: Student Government Association President Camilo Silva rides a mechanical bull during one of BBC’s Welcome Week events Sept. 6.

Students had to pay close attention to Haitian culture on both the island and the Diaspora, a term that refers to the scattering of people from their original homeland.

The student’s final project was exhibited in the BBC Library during the end of the summer B term and will remain during the beginning of the fall semester.

According to Steve Switzer, access services librarian for the department of bibliographic content, the presentation has been greatly appreciated by students and other people who visit the library.

“The presentation was pretty informative and clears up a lot of the misconceptions people might have about Haitian culture,” said Rathore, sophomore and chemistry major.

The presentation also portrayed the social influence of American culture on Haitians who live in the U.S. especially in Miami.

According to Helenon, some of these harmful influences are due to psychological factors.

“The way people interpreted Haitian art, has been greatly appreciated by students and other people who visit the library,” Switzer.

“The presentation was very useful to teach people about Haitian values.”

“Most of the people who assimilate into American culture portrayed in my student’s presentation were often due to a personal identity search,” said Helenon.

“The way people interpreted Haitian culture and their primary conception about Haitians are important aspects to take into consideration when analyzing why some Haitians who immigrate to Florida tend to value other cultures more than theirs.”
Students blitz for registration

ROQUE CORONA
Staff Writer

Registration for the 2007 Spring semester will begin Nov. 11, giving rise to that haunting question that burns in the minds of every FIU student before each registration period starts: Will I get a spot in the classes my major requires?

As a student at FIU, you’ve most likely encountered difficulties in registering for your courses at some point during your academic career.

A shortage of available classes and open sections, along with the administration’s failure to help students left without a spot in the classes required by their program, make the registration process a trial for students.

This problem must be addressed in order to satisfy the needs of FIU students.

It’s a scene that almost every student has lived through: you’re sitting comfortably at home in front of your computer, clutching the schedule of courses you need to take and waiting for your registration appointment to begin.

Once the appointment starts, you race through PantherSoft to find a class, that elusive section with the availability of sections will be opened.

Furthermore, it may take several days for a new section to open up, and the schedule for the new sections is often not disclosed until the last minute. This causes conflicts in students’ schedules that then lead to even more problems.

The opening of additional sections, however, is usually in short supply.

More effort should be invested in collaborating with other departments and determining how many sections should be opened for a class so that students are not left behind.

Moreover, administrators should find a way to give priority to students who need to take a specific class that semester in order to graduate or advance in their track.

Students at FIU are continually left struggling to meet their track requirements because of insufficient open sections and thus far, the University has done little to alleviate the problem.

Though these difficulties surrounding registration may stem from complicated funding issues and logistical snags within the University, the important thing to realize right now is that a serious problem exists and it must be resolved immediately.

The public safety forum held last Fall Oct. 17 revealed a safety problem at FIU.

Crime is on the rise while police officers are in short supply.

According to Salisha Lall, public safety chief, the department employs about 35 officers who are responsible for maintaining law and order in both the University Park and Biscayne Bay campuses.

At a university with more than 37,000 students, that number is too small to have a proper police force.

Fortunately, while crimes against vehicles have increased in the past year, crimes against persons — stalking, rape and aggravated assault — have dropped significantly and burglary rates fell slightly.

Public Safety has clearly employed its limited budget and manpower effectively.

However, in order to curb crime within its “small city,” the University must invest in a proper police force.

In the Oct. 17 forum, King said the department is expecting to receive increased funding, and also expects to expand the number of active officers, in the near future.

If safety on campus is truly a priority for the University, it must be sure to increase the police department’s funding substantially. If students — and their vehicles — are to be safe on campus, FIU’s police force must be proportional to the amount of students it enrolls.

Moreover, “the near future” is a vague parameter. To make a concrete dent on campus crime rates, the administration and Public Safety must set forth a concrete time frame within which the police department’s budget and workforce will be expanded.

WHAT DO YOU THINK?
Are you planning on voting in the midterm elections?

• Yes – I’ve been following the election issues all along
• Yes – I don’t know who’s running, but I’ll vote anyway
• No – I’m sure my vote won’t make a big difference

Cast your vote at www.beaconnewspaper.com
The events of 9/11 horrified people of all races and religions. Sadly, some partisans have used this national tragedy as a political tool. Many have been eager to invoke its memory, running smear campaigns depicting the tragic events which imply that if Democrats are given more power, our security will be weakened. These claims are not just scandalous; they are wrong. In fact, Republicans cannot claim superiority on the issue of security.

Take for example, the way they’ve handled the Department of Homeland Security. In May, the DHS announced that it would cut security grants to New York City by 40 percent. Decisions like these are made using the National Asset Database, the department’s list of possible terror targets. The more targets a state has, the more money it receives.

Shocking, the Brooklyn Bridge, the Empire State Building, and the Statue of Liberty did not make the list. According to the New York Times, in lieu of protecting these vital landmarks, the DHS has squandered money in securing obscure locations such as Old Mac Donald’s Petting Zoo in Alabama and Indiana’s Amish Popcorn Factory.

No popcorn, no matter how delicious, belongs on a list of national treasures to be protected.

The Republican security strategy is wide open for criticism. They’ve used terrorism as justification to curtail civil liberties, torture suspects, and invade Iraq.

Yet the Washington Post reported last year that only 14 people with clear links to Al-Qaeda have been convicted since 9/11. Is that enough to justify the Patriot Act, illegal wiretapping, and the use of torture?

Meanwhile, the Democrats have tried to strengthen our security. Currently, less than six percent of containers entering our ports are inspected. Yet when Democrats proposed an increase in funding to screen cargo, their request was denied. In fact, many worthy proposals have been rejected, from increasing funding for firefighters to heightening efforts, to secure loose nuclear material.

The most damning piece of evidence against Republicans however, more than the rejection of these proposals, more than the meager 14 convictions, more than their wacky target list, is how they’ve spent our tax money.

They spent $70 billion dollars on an extension of tax cuts for the wealthy this year. That’s $29 billion more than the entire homeland security budget.

The Republicans have failed to live up to their own rhetoric. They’ve failed to deliver on finding the WMDs and on providing adequate body armor for the troops. Given this, it’s no surprise that the Alexa station, the CIA department charged with capturing Osama bin Laden, was shut down earlier this year.

Like any other issue, when it comes to security, actions speak louder than words.

Someday we may have a congress willing to challenge the status quo and fix some of these glaring security oversights. Someday we’ll have leaders who live up to their promises. But for now, Republicans will continue calling Democrats weak and ignoring all of their ideas — some of which could very well protect us.

Over the last five years since 9/11, the Bush administration has made homeland security its top priority. If you’re going to roll your eyes, do it now. My Democrat buddies will show me fact after fact proving beyond a reasonable doubt — to them at least — that our country is actually less safe than it was before that day in September five years ago.

This is where I roll my eyes, because there is one fact that dismisses every other claim. The fact that not only keeps me voting red but keeps me hopeful that we are actually making progress despite all the bad news: there have been no terrorist attacks on the U.S. homeland since September 11, 2001.

Game over. The Bush administration must be doing something right because if they weren’t, terrorists who live only to kill Americans wouldn’t have found a way to penetrate our defenses.

It is most certainly not for a lack of trying that Osama bin Laden’s henchmen have not succeeded in attacking us. Those up to date on their current events will recall certain arrests made in the U.K. just a few weeks ago which disrupted a plot by terrorists to use liquid explosives to destroy jetliners in mid-air, killing all on board.

Not being able to accept the fact that our government has not let a terrorist claim a single American life on our soil is absurd and completely devoid of any physical evidence.

I would like to pose a question to all of the liberals out there: if you were in power what would you do that is so radically different from our government’s current efforts that it will solve all of our security problems?

If the Democratic National Committee has an answer to the national security question, I sure wish they would share it with me — because all I see coming from the Democrats is complaint after complaint, but no real solutions. What will be the Democrats’ platform next election day? The same thing it was last election day.

Bush is wrong, end of story. They’ll elaborate on that until they are blue in the face, but that’s essentially it. I am not trying to paint President Bush as a savior who can do no wrong. This country still has a long way to go before it can say that it is sufficiently protected against terrorists. In fact, that day may never come.

All I am trying to communicate is that until I am offered a better alternative, I will vote for the party that has not let a terrorist claim a single American life on American soil since 9/11.
Many college students are aware of the need to stay healthy – we know that Mom always said to eat your vegetables – but we don’t care enough to do much about it. True health means keeping all aspects of ourselves – our bodies, minds and spirits – finely tuned.

Often, the college lifestyle stands in the way between students and this goal. Many students overload schedules, relying on caffeine to skip sleep before tests in order to cram in more studying and fall into smoking and excessive drinking on weekends. Because FIU is rooted in the body-conscious Miami, one may work out regularly, but may also follow trendy diets like Atkins or South Beach.

What many don’t realize is that health is not about being thin or buff, so these diets won’t help – instead, it’s all about balance.

Senior Health Educator Casandra L. Roache and Health Educator Daliah Mohammed at the University Park Wellness Center, offer a wealth of practical tips that students can put into practice.

1. DON’T SKIP BREAKFAST!

“By that, I mean toast, or one of those nutrition bars, not just a Snickers,” Roache explained. “Breakfast is the most important meal of the day. It helps shake off our sleepiness and instead give us the energy we need to focus during our busy day ahead.”

2. THINK BEFORE YOU CHOOSE YOUR ON-CAMPUS LUNCH

Instead of choosing fatty options such as Burger King, Roache and Mohammed recommend to explore smart options UP has to offer. Among their recommendations: Camille’s Café, Einstein’s whole-grain bagels, wraps from the Breeze-way Café and yogurt from the Panther Stop.

“Be careful of the type of sandwich you get, even at Subway,” Roache advised. “You still have to watch what you eat.”

3. DRINK WATER

Even if summer’s over and the weather eventually starts cooling off, remaining hydrated is crucial. Take a water bottle with you to class even if you’re not feeling thirsty, because flushing your body with water keeps toxins out.

4. EXERCISE… JUST DO IT

Roache recommends a minimum of 30 minutes of exercise three or four times a week.

“It adds years to your life,” she said. By making the choice to consistently work out, one automatically reduces the risk of countless diseases like heart disease and high blood pressure. But beyond that, studies show that exercise helps keep the mind active and sharp, especially when an aerobic workout is combined with concentrated toning like yoga or pilates.

5. TAKE TIME OUT TO RELAX

Psychology Today says that prayer and meditation significantly reduce stress, making those that practice it closer to focused, holistic health.

Other good habits are pausing every once in a while to connect with our breathing, getting at least eight hours of sleep and actively observing our surroundings.

Aside from these helpful tips, Roache and Mohammed detailed the many resources that students can tap to conveniently at the Wellness Center. Assessments are available by appointment to diagnose students’ “wellness age,” meaning the age to which their health corresponds. The staff offers nutritional and stress-management consultations, as well as free 10-minute massages every Wednesday from 1 to 3 p.m.; condoms, HIV testing and vitamins for women are always free.

Like many students, Adela Poudratchi said she was unaware of most of these services, and would now like to take advantage of them.

“The nutritional analysis sounds helpful because I know I don’t eat right…I remain thin but unhealthy.”

The center will also host an open house on Sept. 21, with free give-aways and screenings going on all day. October will be breast cancer month, with free testing all month and testimonials from students who have experienced breast bumps firsthand on Oct. 12.

More information is available at www.fiu.edu/~health.

**Students’ feelings mixed on 9/11 movies’ timelines**

“Hollywood is cashing in, which of course, is no different from the Administration in the White House: shameful and shameless…”

**Hollywood isn’t the only one cashing in on the events of 9/11.**

**MOVIES, page 10**
What you need to know to get over the hurdle

NICOLE ACOSTA  
Staff Writer

For Patricia V. Montalvan, her final grade in Freshman Composition determined whether she would have to take the CLAST exam.

The junior earned a B minus in ENC 1101 and a C in ENC 1102.

“They told me I wasn’t exempt from it because of a minus sign,” she said.

Because Montalvan did not fulfill her exemption requirements, she took the CLAST exam for the first time during the Summer C semester of 2006.

Montalvan passed the essay and the language skills portion of the exam, but it was the reading comprehension portion that she did not pass.

“The main reason why I did not pass was because of the time. It was a lot of reading,” Montalvan said.

Montalvan is just one of many students who still have to fulfill the CLAST, or the College Level Academic Skills Test. It is required by all students looking for an undergraduate degree in the State of Florida. It should be taken by all undergraduate students by the time they complete 55 to 60 semester hours, but it can be postponed the CLAST because many students delay taking classes at the same time. I didn’t think it was going to be too complicated.”

Montalvan, do not study for the exam at all.

“Manage your time. It’s going to be a lot of reading and math portions. The essay portion, however, is not available to practice online. Once students complete each section, they will immediately receive an online report that will reveal their score and the specific questions that were missed. Students will also be able to click on a tutorial in the areas where they missed a question.

Char Eberly, an English professor and a coordinator of the writing lab at the University Learning Center, says the lab helps students prepare for the CLAST by first giving them a diagnostic. Eberly advises students to “come early, come often.”

CLAST preparation workshops are offered three different times a year during the beginning of each semester. Students may register for these workshops at the Testing Offices in University Park’s Primera Casa 248 or Biscayne Bay’s Academic I 160.

Miami-Dade College and Broward Community College offer day, evening and weekend courses for the CLAST exam.

Also, the FIU Bookstore and Libraries have books and study guides available for those students who need to take the CLAST.

Although there are a vast array of study guides and tools for the CLAST exam, some students, like Montalvan, do not study for the exam at all.

“I just didn’t study,” she confessed. “I was also taking classes at the same time. I didn’t think it was going to be too complicated.”

Montalvan has some advice for students in her position.

“Manage your time. It’s going to be a lot of reading in a short period of time. Or, be aware of the grade that you need so you don’t have to take it,” she said.

To make an appointment at the UP Learning Center, call (305)-348-2180. For BBC, call (305)-919-5927.

Warning: Smoking may cause column

I can’t remember my first day of school, my high school prom or my PIN number, but I can easily remember the day I became addicted. I had just finished my first day as a hostess at a pricey restaurant, and I had never had so many affluent people look at me like I was trash. I guess they could smell the minimum wage.

My trainer and I stepped out after our shift with our feet aching and headaches pounding. He looked at my miserable face, pulled a box out of his blazer and said, “Here, you look like you need one of these.”

That was the day I met the greatest love I’ve ever known. His name was Parliament.

We’ve had some great times these past four years. We go clubbing, we take long walks and he consoles me when I’ve failed a test or had a hard day at work. I can always use him as an excuse to leave family gatherings or boring social events.

He even gets along with my diverse circles of friends like vodka and tonic or coffee and newspaper.

But alas, our relationship must end because, like all of my other relationships, he will be the death of me.

I know I’m not the only one in the destructive relationship. Here’s how to get out while you’re still alive.

KNOWING WHEN ENOUGH IS ENOUGH

I’m not saying all smokers are addicted. Everything, when done in moderation, can be controlled. However, there has to be a point where you can recognize things have gone from mildly amusing to pathetic. Like Paris Hilton.

One way to recognize a problem is when your bank statements start looking like Marlboro invoices. Another is when you walk down the Graham Center and your smell can create an unintended 3-foot force field around you.

A sure fire way to know if you’re addicted is when you find Angela’s Ashes on your syllabus and wonder if she buys her own cigarettes. I knew I was addicted when I drove by a pet crematorium with the windows down once and thought, “Wow, what is that brand? It’s funky.”

Nevertheless, there’s more to quitting than acknowledging your problem and fashioning yourself a nicotine patch, weight belt or corset. It’s a mental game. You have to look the enemy in the eye and say, “Mom, I will not let you control my life anymore.” Wait, that’s not right…

ASSOCIATE THE GOOD WITH THE BAD

James Dean is dead. You have to convince yourself that the days of smoking to look cool have gone with him. It’s hard to correlate nicotine’s tingly sensation as the grim reaper’s scythe. Therefore, you have to associate smoking with lifestyles that are simply not you.

SMOKER, page 10
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Films offer interpretive views of national tragedy

MOVIES, page 7

her community. Perez, a native of New Jersey, didn’t think enough time had passed to make a movie on the events.

“That day and the weeks and months that passed took a toll on everyone around me,” Perez said.

“Luckily, I wasn’t affected personally, but I know a lot of people who did and I think that it’s just too soon for these movies to come out. I really couldn’t imagine seeing those movies. Just thinking about it makes me cry.”

Senior Henry Wolfinger also thought it was too soon for Hollywood to release films about 9/11. “There are many things about September 11 that people don’t know about and not everything that movies depict could be realistic,” Wolfinger said.

“I’m pretty much against all [the 9/11 movies] and I don’t think they should be made because I’m against worshipping the people who died on that day or making them heroes,” Wolfinger said. “History has had time to go back and analyze Vietnam and say, hey, maybe Americans did mess things up. Same with Pearl Harbor. There’s no heroism there. Americans got owned and that’s the story they tell. But 9/11 is too recent for us to analyze and clearly say, hey, this is what really happened.”

Senior Sam Enos, a TV Production major and a student in the Film Studies program who hasn’t had the chance to watch the films as of yet, wasn’t against the idea of making films about 9/11, but since he hadn’t got the chance to watch the films, he wasn’t sure if he could make any judgments.

“As long as the filmmakers are staying true to the story and as long as they are presenting the truth, I don’t see a problem with making a film on the events,” Enos said. “However, I really can’t say unless I’ve seen a specific piece of work.”

To Barbara Weitz, dean of the Film Certificate program, the films are another way for Hollywood to cash in on the misfortune of others.

President John F. Kennedy. However, the film didn’t have any strong political comments and was seen by most as a tribute to the police officers and firemen who lost their lives at the WTC. The film starred Nicolas Cage and Michael Pena as New York Port Authority police officers John McLoughlin and Will Jemeno who get trapped in the rubble of the first twin tower.

Senior Frank Perez, a TV production major, recently watched “World Trade Center” and was supportive of the film.

“(The movie) was not a regular commercial film -- it was a tribute to what happened,” Perez said. “You don’t even see the planes hit the towers. There’s no money shot and it’s more about how it affected the American people. My own problem was that it was only about two officers and it doesn’t mention others who died on that day.”

Visualization aids in rehabilitation

SMOKER, page 8

You have to say to yourself: 1) I am not a pretentious bohemian poet. 2) I am not an emo kid stealing his mother’s cigarettes because she wouldn’t let him go to the AFI concert.

What I like to visualize is me in 40 years living with 18 cats pressing an UltraVoice to my neck. I sound like Optimus Prime as I muster the words, “Here kitty, kitty” only to drop my device into an open can of Fancy Feast.

Kicking a cigarette habit is no easy task. It usually stems from an oral fixation difficult to replace. If anything, you can chew gum, suck your thumb, or bite your nails. I mean, I don’t know what I’d do without my Cuban cigars. Good luck.

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Thanks for reading the Life! section (come again!)
There are a lot of fighting games out there, but “Super Dragon Ball Z” takes gamers back to the glory days of arcade fighting. But don’t let that statement fool you, there are plenty of new aged goodies thrown into the game. “Super Dragon Ball Z” makes use of cell shading graphics that were intentionally designed to mimic the original mangas (Japanese comic) artwork of Akira Toriyama, the creator of “Dragon Ball.” Toriyama was even consulted to design one of the playable characters in the game: Mecha Freeza. But other than that, the cell shading graphics are pretty standard—it’s the concept behind them that makes the look of the game significant.

Gameplay is where the game really finds its roots in classic arcade fighting games. The game was originally an arcade game in Japan before making its way to the states as a console game. Every attack requires players to execute sometimes complicated button combinations. So if you have ever played games like “Tekken” or “Mortal Combat” or “Street Fighter,” you will be familiar with the games control style.

However, for those inexperienced at fighting games, actually playing the game may be a little difficult at first. Newer fighting games like the popular “Super Smash Bros.” for the Gamecube have very smooth, easy to control characters. “Super Dragon Ball Z” lacks this smooth handling, especially compared to other “Dragon Ball” fighting games available.

Another drawback to the game is the method in which you increase your playable character’s strength and how you unlock secret players to fight with. Basically you have to play through the game’s story mode many times with a customized character.

There isn’t a lot of replay value either. There are some fighting games out there that you can play over and over again by yourself or with others. But “Super Dragon Ball Z” will probably not hold your interest long if played alone. Even when playing with others, considering how hard it is to control the game characters...let’s just say most would opt to play one of the other fighting games. If, however, this game had come out ten years ago, it would have been a smash hit.

Nevertheless, it’s not all bad: the music and sound effects from the game are catchy and realistic. Songs like “Cha-La Head-Cha-La” are taken right from the television series and remixed in the game. Most of the voice actors from the English version of the series reprise their roles in the game. So for the die hard fans of the “Dragon Ball” series, that’s a definite plus.

All around, “Super Dragon Ball Z” is a standard fighting game. The concepts behind the game do make it stand out compared to the game’s story mode many times with a customized character.

Convenience.
FLORIDA INTERNATIONAL UNIVERSITY
ALCOHOL POLICY CONTINUED

DISTRIBUTION, ADVERTISING AND PROMOTION:
The Florida International University Alcohol Policy prohibits the advertisement and/or promotion of the use or consumption of alcohol at any event or activity, by anyone, including, but not limited to, any University department, any organization, distributor or company, on any University premises unless written approval of the content of the advertisement, the size, location and method of distribution of the promotional material are - each and all, specifically approved by the Vice President of Student Affairs or his/her designee.

The following conditions shall also apply:

1. Event sponsors, who are also producers, sellers or distributors of alcoholic beverages shall not be recognized on printed or promotional materials unless prior written approval has been granted by the Vice President of Student Affairs or his/her designee.
2. No alcoholic beverage of the sponsor(s), its subsidiaries, partners, parent or affiliated companies shall be sold or served at the event or concurrent events on University premises, where promotional materials have been approved to bear the name of the sponsor, unless prior written approval has been granted by the Vice President of Student Affairs.

Event planners or University administrators seeking approval for advertising or promotion of the use or consumption of alcohol on University premises shall assure that advertisements and promotional materials satisfy the following minimum requirements prior to requesting approval:

1. Advertisement for alcohol shall not promote the irresponsible use of alcohol.
2. Advertisement shall not encourage any behaviors or activities that directly conflict with the requirements of the FIU Alcohol Policy.
3. Advertisement shall not use alcohol as an inducement to participate in a University event and shall not offer alcohol as a prize or gift in any form of contest, raffle, game, or competition.
4. Social events that encourage drinking, drinking contests, or alcoholic intoxication, and the advertisement of any such events are strictly prohibited.
5. General promotional materials, including advertising for any University sponsored event shall not make reference to the availability of alcoholic beverages unless the event is sponsored by the School of Hospitality Management in association with the FIU Beverage Management Program.
6. Advertising for any event, sponsored by the FIU School of Hospitality Management, where alcoholic beverages will be served and its availability is identified in the promotional material, shall specifically mention the availability of non-alcoholic beverages as prominently as the availability of alcoholic beverages.

TAILGATING AND ATHLETIC EVENTS:
In addition to all other policy conditions, the following conditions shall apply to the service, purchase, use, possession, distribution or consumption of alcohol and alcoholic beverages on University premises at events occurring in conjunction with FIU athletic events and competitions – either before, during or after the games.

1. Alcohol shall not be sold or served in the FIU Community Stadium or within the confines of any facility on University premises where an athletic event is being held, within an eight-hour period before or after the event, if the sale or service of alcohol is in any way associated with the scheduled athletic event.
2. Individuals and members of the public attending any football game on University premises shall not leave and subsequently re-enter the football stadium at any time before or during the game.
3. Individuals and members of the public are prohibited from entering the football stadium while carrying or bearing any type container, open or closed, containing any type beverage.
4. Event managers and University police reserve the right to deny access, to athletic events, to individuals and members of the public who exhibit behaviors consistent with alcohol intoxication, or who behave in any manner inconsistent with the University Alcohol Policy requirements.
5. Tailgating activities on University premises that involve the consumption of alcohol shall be restricted to specifically designated locations monitored by the FIU Public Safety Department.
6. Parking lots and similar locations on University premises, designated for tailgating activities, shall be open for use no more than three hours before the event and shall close within three hours after the end of the event.
7. The sale and service of alcohol, in the manner consistent with all the requirements of this Policy, may take place at specific controlled access locations, subject to the specific approval of each such location by the Vice President of Student Affairs or his or her designee.
8. The FIU Chief of Police shall prepare and submit an Event Evaluation Summary & Recommendation Report to the Vice President of Student Affairs within 72 hours of each athletic event and shall specifically address findings related to the use or abuse alcohol at each event, on each report.
Miami may have acquired a declining Daunte Culpepper

But after a highly disappointing loss against a Pittsburgh Steelers team playing with their backup quarterback, Culpepper might not be the savior many fans expect him to be.

Not only did he complete less than 50 percent of his passes – completing 18-of-37 – in the NFL Kickoff game Sept. 7, he under-threw and over-threw receivers so many times I though Jay Fiedler was still playing for Miami.

Dolphin fans are quick to forget how terribly Culpepper performed last season before he injured his knee. Even though he threw for 1564 yards in seven games, he threw 12 interceptions to go along with only 6 touchdown passes – not to mention the five times he fumbled.

After Culpepper went down, the Minnesota Vikings took off and finished the season 9-7. Without Culpepper, the Vikings were 7-3 – with him 2-5. You figure it out.

The Dolphins' game also showed us how flawed the Dolphins' secondary is. If Pittsburgh backup Charlie Batch can pass for 209 yards and throw three touchdown passes, can you imagine what Tom Brady or Peyton Manning can do to them?

Not to mention that if a 265 lbs. tight end can out-run the secondary for 87 yards and a touchdown, what can a speedy receiver do to them?

I'm already depressed and it hasn't even happened yet.

The most depressing fact of all is that the Dolphins couldn't even gain momentum after recovering a Pittsburgh fumble on the goal line, which prevented the Steelers from taking a lead for that moment. They responded with a drive that ended in an interception – from Culpepper of all people.

It took Pittsburgh only one play to take the lead for good with that killer 87-yard touchdown pass.

The fact that Culpepper threw another killer interception on what could have been the game-winning drive should show fans something.

Culpepper was put in two pressure situations: the first time to deal a death-blow to the Steelers and the second time to give the Dolphins the lead – and he failed in the almost the worst way possible.

I'm afraid that the Dolphins acquired a quarterback who is in the decline of his career if his last eight games (dating back to last season) are any indication.

Considering the Dolphins haven't been to the playoffs since the 2001 season, winning a Super Bowl may be too much to ask for. Making the playoffs will be hard enough.

I don't mean to sound like a cynic, but the Miami Dolphins will not win the Super Bowl this year, even if it is in their own backyard.

However, I really hope I'm wrong.

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Rigsby has a ‘good feeling’ about team

RIGSBY, page 16

she admits that there were a few things that took her some time to completely adjust to. One of the main things was the weather, which was not quite like it was back at home.

“The sun is on you while practicing from 11 a.m. to 1 p.m. and it is difficult to get used to,” Rigsby said.

Even though the women’s soccer team is off to a rough start this season, Rigsby finds ways to keep herself and her teammates motivated. One of the ways she remains optimistic is by bringing the team laughter. She also reminds them that they will play another game, which helps the team forget about past disappointments against other teams and helps them to focus on their next opponent.

“We have fun and enjoy the game,” Rigsby said. “They are like my American family.”

Perhaps that enthusiastic attitude comes from a few influences Rigsby had while growing up. The closest being those in her family.

“My brother and I always messed around and played [soccer],” Rigsby said. “My dad also played for a couple of national teams which made him a big influence for me as well.”

On a personal level, Rigsby hopes to leave a certain impact on the team before she graduates.

“I hope to have left a sense of determination and strong effort, as well as have fun while training and playing the game,” Rigsby said.

Although it is only the beginning of her second season, Rigsby has set some goals that she hopes to attain before leaving FIU.

However, her biggest goal is winning to win the Sun Belt Conference title.

“We’ve got a pretty good feeling this year, if we can get it together. Winning this year and the others would be the best, especially the conference,” Rigsby said.
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SOPHOMORE SENSATION
Trinidad and Tobago national shines for FIU

JANNEL PALENZUELA
Contributing Writer

After starting in 12 of 14 games last season as a freshman, sophomore Kia Rigsby has proven she can play. The 5’6” defender from Port-of-Spain, Trinidad and Tobago was recently selected as one of 20 players to represent the country at the CONCACAF Women’s National U-20 Final Qualifying Tournament. She is also one of five United States based players selected. The tournament will take place Jan. 18-27 in Mexico.

“I’ve served in seven [national teams] but it’s great because I get to go home and see my family and eat good food,” Rigsby said. “It’s a good bond.”

Rigsby also served on the Women’s National U-19 Team in 2004 where she helped Trinidad and Tobago (1-2-0) close out group play with a victory over the Dominican Republic (0-3-0).

While playing at FIU, Rigsby recognizes that she has learned new mechanics that she puts to good use everyday both in conference play and tournament play. “I’ve been taught to attack a lot more [at FIU],” Rigsby said. “So when I go home and they see me being more aggressive and attacking more often than I used to, they are a bit shocked.”

Assistant Coach Ifeoma Dieke added, “When most freshmen come in they are a little scared of attacking and being aggressive, but she has really stepped out. She is no longer a freshman.”

Coming in this season, Rigsby has started in all four games as of Sept. 8. As a freshman, she earned a starting position in 12 of 14 games played, which came as a bit of a surprise to the defender who did not think she would start that many games in her first year. “I did not expect to get much playing time at all,” Rigsby said.

One thing that was expected and delivered was her strong work ethic that was not only noticed by her coaches and teammates, but in her performance on the field. “She gives 110 percent each time,” Dieke said. “She is very enthusiastic and has fun, but she means business.”

As the season progresses, you can expect to see her play hard and with plenty of emotion. Senior Midfielder Valerie Patrick said Rigsby brings excitement to the women’s soccer team.

Although Rigsby’s game was not the secondary is as big of a question mark as it was last season and the rest of the defense is basically the same as last season, too.

In other words, this is pretty much the exact same team as last season, replacing Gus Freerotte with Culpepper.

CHARLIE GRAU
ASSIST SPORTS EDITOR

Young Marlins’ playoff run making fans believe

By the time we’re adults, we usually outgrow the belief that Santa Claus, the Easter Bunny and the Tooth Fairy are real.

But there’s something in South Florida that should be peak our interest, making us believe in those mystical stories and magical tales again. And I’ll be the first person to admit it, I believe in magic, miracles and the Florida Marlins.

That’s right, I said it. Those baby Marlins are going to make the playoffs.

And they’re doing it the smart way – with pitching. On Sept. 6 against the Arizona Diamondbacks, rookie pitcher Anibal Sanchez achieved the ultimate accomplishment in sports: a no hitter. He is the first pitcher to do so since Randy Johnson did it with the Arizona Diamondbacks May 18, 2004. His accomplishment personifies the whole Marlins season.

Nobody would have expected him to throw a no-hitter and nobody would have expected the fish to be in the midst of a wild card chase. Throughout their entire history, the New York Mets have yet to have a pitcher throw a no hitter.

At the start of the season, a lot of experts predicted the Marlins to lose more games than the 1963 Mets who had 120 losses. It just goes to show you how much the “experts” know sometimes.

It’s rare in sports that something like this happens. As a rookie team with a payroll of $15 million contending for a wild card, sure, $15 million sounds like a lot but consider this: five New York Yankees are making more money this year than the whole Marlins payroll and two are pretty close to that figure.

A LOST STORY

“It’s amazing, it’s just too bad no one down here cares about the Marlins because they are missing out on a great baseball story,” junior Jose Vidal said. An amazing story it is indeed.

This entire season, the fish have been rewriting the record books. They are the first team since 1952 to have three rookie pitchers record 10 wins within a season. Also, a rookie second baseman became the first player in Major League Baseball history to make the All-Star team as a rule five draft choice and the most telling stat of them all, they are the first team to start the season 31-31 in May and reach .500 since the 1889 Louisville Colonels.

Come on people, this is history in the making and did 12,561 people were on hand to witness something like this happen. Even ESPN broke coverage of their game of the night between the Chicago White Sox and Boston Red Sox to telecast this nationally.

And you wonder why baseball is struggling in South Florida. But let’s not get away from what a special moment this was and what this season could be. Imagine how much more special it can be if you believe. And I sure do.

For as long as I can remember, with the exception of last year, Miami Dolphins’ fans have always had the highest of expectations for their football team.

“Super Bowl or bust” is the mentality year in and year out. Now, I know that’s the mentality with all fans of all NFL teams, but the Dolphins are a special case.

Take this year for example, the acquisition of Daunte Culpepper being the biggest move off of the season, the Dolphins are now “all of a sudden” – a Super Bowl contender. Sports Illustrated picked them to go to the Super Bowl and ESPN The Magazine has picked them to win the whole thing.

But how much better have the Dolphins really gotten? Unfortunately, not that much better at all.

With the loss of Ricky Williams, Ronnie Brown is now expected to carry the full load of the running game. Even when he was at Auburn University, Brown was never the feature running back of the offense – he shared the carries with current Tampa Bay Buccaneer Carnell “Cadillac” Williams.

The secondary is as big of a question mark as it was last season and the rest of the defense is basically the same as last season, too.

In other words, this is pretty much the exact same team as last season, replacing Gus Freerotte with Culpepper.

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