**NO TRANS FATS**

**FIU moving toward healthier cooking options**

**SUSANA RODRIGUEZ**
Asst. News Director

Before reaching for that next cookie, chip or even microwaveable popcorn, a glance at the Nutritional Facts labels could stop you in your tracks.

“Trans-fats are as bad as saturated fats,” said Dr. Adriana Campa, assistant professor of the Department of Dietetics and Nutrition at the school of Health Sciences, “Our bodies process them but they increase bad cholesterol and decrease good cholesterol.”

According to the American Dietetic Association, bad cholesterol - Low Density Lipoprotein - takes cholesterol from the liver to clog the arteries, leading to heart disease, while good cholesterol - High Density Lipoprotein - carries it from the arteries back to the liver.

But when on a rush between classes, how to know which foods have them and which foods don’t?

Jonathan Garcia, resident District Manager of FIU’s food service provider, Aramark, answered the question.

“Aramark has a zero-percent trans-fat policy for their brands like Fresh Food Company, Gra-cie’s Grill and Montague’s,” he said in a telephone interview, “With anything we run as a franchise, we have to comply to their policy.”

All Aramark brands use a zero-

**TRANS FATS, page 3**

**Famed solar house gets another chance**

**EVELYN DIAZ**
Contributing Writer

The solar house which won FIU a spot in the National Solar Decathlon and an invitation to the 2008 China Summer Olympics was forgotten after it was destroyed by Hurricane Wilma in 2005.

Two years later, Emerging Green Builders, a student organization concerned with the fate of the solar house, is working to bring it back to life through a new design.

The solar-powered house, which took two years to build, was designed for a competition of Energy Balance at the National Solar Decathlon in Washington, D.C. The house not only won the section of the Energy Balance Competition in the Decathlon, but also resolved in FIU being the only US university to be invited to create an energy-efficient house in Beijing, China for the Summer Olympics.

Once the competition was over, the materials were dispersed and sent back from Washington D.C. to the FIU Center for Engineering & Applied Sciences. The day the parts arrived, the University grounds were evacuated due to a hurricane alert. The material was never safely stored. When Hurricane Wilma struck the next day it destroyed almost $200,000 worth of materials.

“The team was very, very upset. During the competition, everyone had a goal. After the solar house competition, 80 percent of the students were gone, we lost momentum,” said Ming Feng, a participant in the Solar Decathlon competition in 2005.

With very little drive to continue the rebuilding of the house, the few materials that were saved before Wilma struck began to wither away.

Last February, Professor Yong Tao gathered a group of students and formed an organization named the Emerging Green Builders; their first mission was to rebuild the solar-powered house.

The house is located near the parking lot at FIU CEAS. Built and bolted to the ground, with the windows in place, from a distance the only thing that seems to be missing is a good paint job. However, once one moves in closer, small details, such as flooring, are still needed to complete the project.

The solar-powered house will be permanently rebuit on the CEAS. Once it is completed, it will be showcased for educational purposes.
Discounts in the works

At the Baptist Medical Plaza at Doral, which is located 15 minutes away and is open everyday from 8 a.m. to 6 p.m., discounts are available by Labor Day. This is compared to the General Medical Clinic at UP, which is open Monday through Friday from 8:30 a.m. to 5 p.m. and is open everyday from 11 a.m. to 11 p.m., compared to the General Medical Clinic at BBC, which is open Monday through Friday from 8:30 a.m. to 6 p.m., and 8:30 a.m. to 5 p.m. on Fridays.

The Baptist Medical Plaza is nearest to Biscayne Bay Campus, located 17 minutes away, and open Monday through Friday from 8 a.m. to 8 p.m. This is compared to the General Medical Clinic at BBC which is open 24 hours a day.

Health Fees to Change

The General Medical Clinic at UP, which is open Monday through Friday from 9 a.m. to 5 p.m., was compared to the General Medical Clinic at BBC which is open Monday through Friday from 8:30 a.m. to 6 p.m., and 8:30 a.m. to 5 p.m. on Fridays.

Though the service may be available by Labor Day this year, representatives at the Baptist Health Systems warn that the agreement is yet to be confirmed and may not be allowed to be advertised, according to Lilly Maccio, director of Manage Care Contracts.

“We’re not anywhere near a concrete agreement,” said Amanda Gonzalez, a marketing manager at Baptist Health Systems.

Robin Telles, reportedly in charge of the contract with FIU, did not return a phone call for comment by the time of publication.

It is also unclear as to whether FIU students will be able to attend all Urgent Care Centers, or only the Baptist Medical Plaza at Tamiami Trail, located 24 minutes away from the UP General Medical Clinic and 38 minutes from the General Medical Clinic at BBC.

For present students, the house will be used as a study and an example for the future Solar Decathlon competition of 2009, where FIU is planning to compete again.

The house will also be opened to the public, so that everyone who visits will realize the effectiveness and productivity of a solar-powered house. Stephanie Strange, assistant director of Recruitment and Retention, hopes that the open access to the solar house will encourage others to practice the use of alternative energy.

The rebuilding process of the solar house has been delayed due to a lack of resources. According to Owens, mostly everything for the house was damaged by Hurricane Wilma and the price to have the materials replaced has been $50,000. The Engineering of the house has given the Emerging Green Builders a grant of that amount. The only missing material is the flooring.

The date of when the project will be finished is unsure. Fong believes it might take two months, if all goes as planned.

“Right now we have a contractor who is doing the renovation of the major systems, like foundation, flooring and wall sheathing, but once we have it hurricane-resistant and compliant with the Florida building code, we hope to have students help in restoring the houses beauty,” Owens said.

With new challenges ahead, the Emerging Green Builders will continue and finish the solar house.

“This is a good project and we are trying to do all that is possible to make the material useful and make sure that it does not go to waste,” said Emerging Green Builders member Eugenia DeMarco.

Emerging Green Builders is a group of approximately 25 students and professors.

Anyone is welcome to attend the group, no matter what one’s major might be.

“Support to our program is very important. Right now we need the support from FIU students desperately,” Feng said. For more information on the Emerging Green Builders, visit their Yahoo Group at http://tech.groups.yahoo.com/group/again/ or visit their Web site at www.fiuagain.org.

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www.BAPTISTTHEALTH.NET/
Aramark pushes health initiatives

TRANS FATS, page 1

trans-fat oil provided by Mazola. Avida Manso, Biscayne Bay Campus chef, said the BBC cafeteria has been using Mazola oil since March, last year when they switched from Frymax, a shortening loaded with trans and saturated fats.

According to Garcia, the only company on campus that uses trans-fats is Burger King because of their vegetable oil, although they are moving toward a zero trans-fat policy. A *Miami Herald* article written May 17 said that they may be able to stop food production with trans-fat by the end of this year.

“Rolling out trans-fat free oils is the first phase to becoming a completely trans-fat free system,” said Keva Silversmith, a spokesperson for Burger King Corporation. “As far as the State of Florida goes, we have not set a date for rolling out the oils yet. The first priority is to comply with state regulations in New York and Philadelphia. Our second priority is to supply where we can most quickly. By the end of 2008, the whole country will be trans-fat free in restaurant cooking oils.”

Dr. Campa explained why, despite its risks, some restaurants still use the bad fats.

“Manufacturers use trans-fats because it increases the shelf life of their products, but for us it increases the risk of coronary heart disease, insulin resistance, metabolic syndrome and arteriosclerosis,” Dr. Campa said.

New York is phasing out trans-fats between July 2007 and 2008, while Philadelphia is following suit September 2007 through 2008. Once their current 2008 deadlines are reached, trans-fats will be banned from use in restaurants in both states. Aramark has self-implemented a nationwide health initiative to screen out foods with trans-fats. The process begins at the corporate level with chefs that use trans-fats. The process begins at the corporate level with chefs that screen products for distribution and ends on campus, Garcia said, and added that if the company finds a product has trans-fats, and if it’s an Aramark product, it stops using it.

“We try to stay aware of research and development that may impact our business,” Garcia said. “When we find out about this, that not only affects the company but the nation, we respond immediately.”

Off-campus food options that avoid trans-fats are also available, such as the Latin American Restaurant and Cafe, on Coral Way and 107 Avenue, which displays signs saying, “Because we care about your health we use 0 trans-fat cooking oil.”

According to Carlos Reyes, Latin American’s manager, the restaurant decided over a month ago not to use trans-fats. He said customers ask to see the new box of oil to see if they’re really not using trans-fats and commend the restaurant for their efforts.

“Even though this oil costs double what the old oil does, we still buy it,” Reyes said. “We want to be an example to follow, not only in business but in concern for the health of our customers and the public.”

At the moment, Aramark is working with FJI’s Department of Health and Sciences and school chefs to design menus and healthy food choices, Garcia said.

Manso highlighted the BBC’s Grab & Go menu where “everything is a healthy choice and is made every day.”

He also encouraged students to pitch food requests.

“If you want to see something, we can change the menu. I want to see the students happy: if you’re not happy, we’re not happy,” Manso said.

To limit trans-fat intake, Dr. Campa recommends cooking and dressing with olive oil plus limiting fatty meats, whole milk products, and tropical oils. Other sources of trans-fats are deep-fried foods, baked products, crackers, margarine, non-dairy creamers, and fast foods.

“The damage done by food choices today are seen twenty to thirty years down the road and translates into lower life expectancy,” Dr. Campa said.
A NAME’S PRICE
Faculty raises funds to rename SJMC after Miami Herald reporter

CHRISTINA LEMUS
Staff Writer

Two years after the death of Gene Miller, Jane Daugherty found a way to honor the former Miami Herald reporter and editor by recruiting her colleagues to work with former Miller or foundations that support journalism and education.

The name change has been approved by Robert Callahan, FIU’s associate vice president for development for University Advancement. However, the name change won’t happen unless the money is raised. Since the money must be collected from organizations outside of FIU, Daugherty expects most of the money to come from journalists who were friends and colleagues or from organizations that support journalism and education.

Although the fund-raiser is still in its beginning stages, Daugherty said she has already received a $3,000 contribution from a small foundation that contacted her.

Daugherty will announce an honorary fund raising campaign committee in a few weeks. According to Daugherty, the idea of naming SJMC after the 48-year Miami Herald veteran occurred to her after visiting his widow, Caroline Kopenhaver, dean of the School of Journalism.

Daugherty sat in front of Miller in the newsroom of The Miami Herald from 1976 to 1985. She said Miller, who was known for his brand of hard-hitting, fact-filled reporting, helped Millerize several of her stories.

“I remember once investigating a doctor who ran a small hospital in a very poor Miami-Dade community. The guy was receiving millions of dollars in Medicaid payments a year with only a couple hundred patients. [It] started out as a pretty boring Medicaid fraud story. Gene’s suggestions turned it into a fascinating piece about an already rich doctor’s greed and exploitation of unsuspecting, poor, young women,” Daugherty said.

Caroline, a former Miami Herald reporter and current assistant US attorney in Miami, has known Daugherty for many years and also supports the fund-raiser.

“Gene was a doer, not an academic, but he had a deep respect for academic institutions and seeing fine journalists go to The Miami Herald from FIU,” Caroline said.

Miller’s hard-hitting reporting won him two Pulitzer Prizes. He won the first in 1967 after extensive investigations that freed two innocent people from prison, both who were convicted of separate murders.

His second Pulitzer came in 1976 after eight years of reporting on two Death Row inmates charged with killing two gas station attendants in Port St. Joe, Florida. There was no evidence, only confessions beaten out of the men by police officers. Miller wrote almost all of the 130 Miami Herald articles written about the inmates as well as a book on the subject, Invitation to a Lynching. Miller’s investigative reporting resulted in both men being freed.

Miller died of cancer on June 17, 2005 near his South Miami home. He was 76 years old.

Caroline believes her late husband would have been honored to be named for FIU’s SJMC.

“Gene was in his late 70’s when he passed, but was still a person of tremendous energy and youth of spirit [before he died],” Caroline said. “I know he would have loved for a school full of smart-aleck, young journalists named for him.”

Magician, jugglers to be at Fall Fest

DAVID RODRIGUEZ
Contributing Writer

For years, Fall Fest has been a staple of the Biscayne Bay Campus’ activities to welcome all students.

The event will span four days and will allow students to kick back as the Fall semester begins.

From Sept. 4 through Sept. 8, the event, organized by the Student Programming Council at BBC, will take place in Panther Square and the flag pole area outside the Wolfe University Center.

From 11 a.m. to 3 p.m., students can take part in carnival-themed activities, enjoy free food, and take in a variety of performances.

“The Fall Fest takes place around this time precisely to let students kick back and have fun as school starts again,” said Leatrice Gachette, SPC-BBC secretary. “It is a way to show that FIU cares about making students comfortable as it does for educating them.”

A magician and jugglers will perform Sept. 4, the first day of Fall Fest.

The following day, animal trainers from Jungle Island will bring parrots and other animals to the school.

There will also be free giveaways throughout all four days of the event.

The Panther Power Pep Rally, which will include a dance competition and free food, will take place Sept. 6 at 12 p.m. at the flag pole area.

As part of Fall Fest, the Mary Ann Wolfe Theater will host the first annual FIU stroll-off. Representatives from the school’s fraternities and sororities will bring members to perform choreographed pieces and compete for bragging rights.

To conclude this year’s [Fall Fest] is a way to show that FIU cares about making students comfortable as it does for educating them.

Leatrice Gachette, SPC-BBC secretary

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www.beaconnewspaper.com
August 30, 2007

NEWSFLASH

Ceremony, vendor fair to commemorate Sept. 11

The following events will take place on Sept. 11 in order to honor those who died on Sept. 11, 2001.

A multi-faith vendor fair will take place from 10 a.m. to 12:30 p.m. in Panther Square within the Wolfe University Center. Religious vendors and organizations from around the North Miami community will pass out their information to students.

After the fair, the Pledge to a Promise ceremony will take place at 12:30 p.m. in the Mary Ann Wolfe Theater in WUC. The ceremony will consist of a special non-denominational peaceful prayer to remember Sept. 11. Both events will be sponsored by Campus Life and Campus Ministry at BBC.

Career Fair to be hosted in WUC

The Office of Career Services and the Center for Leadership and Service at the Biscayne Bay Campus will host its sixth annual Part Time Job, Volunteer and Internship Fair on Sept. 20. The event will take place at WUC’s Panther Square from 10:30 a.m. to 2:30 p.m.

For more information, contact Elliot Sklar at 305-919-5426 or contact Brown C. Barres at 305-919-5360.

-Compiled by Nicole Acosta
**THE RIAA VS. YOU**

**RICK MARTINEZ**
Staff Writer

Chances are, you are among the millions of people whodownload and share music on the Internet. For that, you may be a target of the Recording Industry Association of America.

You or a friend may have received a nasty letter asking to settle with the RIAA for an amount of money based on how much music you have been accused of sharing.

Typical settlements average above $3,000, and the RIAA has settled some 2,500 such cases.

So far, Florida lawmakers have seen a cent from the RIAA’s millions of people who download music you have been accused of sharing.

抄写 of the song users can burn onto a CD or transfer to MP3 players. DRM also forces you to choose one sole provider of music and one compatible MP3 player. For example, if you buy protected music on iTunes, you can only play it on iTunes and your iPod.

Even Steve Jobs, CEO of Apple, Inc., opposes DRM. He says they mean compatibility across music vendors and music players. If you want to buy a song on iTunes and put it on your Zune, you should be able to.

But so far, the RIAA has not made a real investment in research-
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Skin becomes canvas for self-expression

CHARLIE GRAU
Editor in Chief

It’s not often that people are excited about being stabbed by a needle for hours on end. But for Jacksin Valiente, it’s an opportunity he’s been looking forward to his entire teenage life. At age 18, he was finally legal to purchase his own tattoo to express himself to the world.

“I couldn’t wait,” he said. “My parents were really strict and they didn’t want to sign for me. Tattoos are like badges, they’re like those pins you wear on your clothes or your favorite band. I can tell a lot about a person by the tattoos they’ve chosen—lots of them are really self-explanatory.”

After getting his first tattoo—a logo of The Stray Cats, one of his favorite bands at the time—Valiente never looked back. Valiente even had his seven-year-old nephew Clyde etch a tattoo on him. “[My nephew] drew something up, Valiente said. “I ran him through and told him what to do. He drew a little skull with batwings on my neck.”

Esquire estimated in March 2002 that one in eight Americans have a tattoo. In 2000, National Geographic News stated that 15 percent of Americans were tattooed (about 40 million people). A Harris poll said that 40 percent of people ages 25-40 have at least one tattoo.

At 31, Valiente is covered with more than 150 tattoos and is etching his own designs at Ocho Placas, a custom tattoo shop located at 2640 S.W. 8th Street.

While working there, he has seen his share of extreme and outrageous requests in the shop. “I had a guy who was involved in the Ku Klux Klan. He just had moved to Florida and he was turning over a new chapter in life and he wanted to get away from that stuff,” he said. “We just started tattooing over it and covering it up all the old tattoos.”

With shows like “Miami Ink” growing in popularity, Valiente believes that tattoos are becoming more popular than ever and don’t have the same negative stigmas associated with them.

Junior Rick Marquez is one of the 40 million people who express themselves through body art on themselves through body art on each of his shoulders and on his left wrist and forearm.

He received his first tattoo when he was 18—his name written in Chinese letters.

“Every day I look at my tattoo in the mirror, and it reminds me that she’s always going to be there for me,” Marquez said. “Besides expressing himself through his body art, Marquez likes to flash people with his custom made diamond cut gold ‘grillz.’

“I wear my golds about 80 percent of the time,” Marquez said. “Every night before he goes to bed, Marquez makes sure he gets away from that stuff,” he said. “Every day I look at my tattoo in the mirror, and it reminds me that she’s always going to be there for me.”

“Every day I look at my tattoo in the mirror, and it reminds me that she’s always going to be there for me,” Marquez said. “Besides expressing himself through his body art, Marquez likes to flash people with his custom made diamond cut gold ‘grillz.’

“I wear my golds about 80 percent of the time,” Marquez said. “Every night before he goes to bed, Marquez makes sure he brushes his ‘grillz’ with a toothbrush so luster is not lost. I get to keep ‘em looking right. I don’t want them to lose their bling effect. Whenever I go out, I want to blind people when I smile.”

Some people feel that body art doesn’t have to always be symbolic or meaningful. Sometimes, it’s only about aesthetics. Freshman Victoria Sanchez had a pink and green butterfly tattooed on her back after getting fired from her job as customer support representative at T-Mobile.

“I was riding in the car with [my friend Sergio],” Sanchez said. “We had gone to pick up our last check and we decided to do something to take our minds off of job hunting so we decided to get tattoos. I don’t know why I got it but it became a historical moment for me.”

“Though her butterfly tattoo doesn’t necessarily mean anything, she understands why people would be willing to decorate their bodies for life.”

“Tattoos are popular today more than ever and don’t have the same negative stigmatism they did in the past.”

“Tattoos are popular today more than ever and don’t have the same negative stigmatism they did in the past.”

The cover art of Life is called “Skin becomes canvas for self-expression” by Charlie Grau, Editor in Chief.

Low-fiber diets, tobacco abuse among stomach cancer risk factors

As I was reading the magazine Vida Americana (translated as “American Life”), I stumbled upon a short article titled “Do you suffer from stomach cancer?” The article offered a checklist of stomach cancer symptoms. As I decided to check off every symptom that I suffer normally, I was astonished that I checked 83 percent of the list.

Alarmed by the results, I decided to find out more on the topic and do some research on stomach cancer. The checklist included these symptoms: abdominal pain, indigestion, bloating sensation, nausea and heartburn. According to the National Cancer Institute, stomach cancer, also known as gastric cancer, is a disease in which malignant (cancerous) cells form in the lining of the stomach. An extended list of symptoms given by Baptist Health South Florida Hospital includes discomfort in the abdomen, diarrhea or constipation and vomiting blood or blood in the stool.

Low-fiber diets, tobacco abuse among stomach cancer risk factors

I do not suffer from any of the symptoms on the extended list but my concern is that I could start experiencing them if I don’t take care of the symptoms I suffer now.

But first, what is the cause of these symptoms? Currently, there is no certain cause to stomach cancer, but Baptist Health South Florida Hospital suggests these as risk factors: diets high in salted foods and starch and low in fiber as well as tobacco abuse. Statistics from the American Cancer Society show that about 21,260 Americans will be diagnosed with stomach cancer in 2007.

“There will be about 11,210 deaths from this type of cancer in 2007,” said its web site. If you have doubts about your physical state and if you suffer from this disease, the following tests may be used to determine your condition: physical exams blood chemistry studies, complete blood count (CBC) and CT scan (CAT scan).

Treatment will be determined by factors such as your age, overall health and medical history. Our lifestyle and diet definitely affects us on many ways and if we do not pay attention to it, stomach cancer could be a regrettable consequence. Make sure to watch out what you eat and control your habits to help you stay healthy.
Junior Sebastian Garcia plays basketball at least four times a week at the University Park Recreation Center, a facility he enjoys because it’s easily accessible to students.

“This is a great facility. One of the best in Miami,” Garcia said. Besides a gym consisting of 12,500 square-feet of fitness space including free use of weights, resistance machines and cardio equipment, FIU offers a wide variety of recreational facilities for students at UP and the Biscayne Bay Campus such as pools, gyms, tennis and racquetball courts.

But with a student population of 39,500 registered as of Fall 2006, statistics show that the majority of FIU students are not taking advantage of these facilities.

The number of Recreation Center uses this past fiscal year, based upon ID card reader statistics, was over 310,000 – an average of eight visits per student per year.

This was up from 260,000 visits last fiscal year, meaning more students are using the University’s facilities, but there was also an increase in student population: approximately 2,000 students.

Tennis court use, racquetball court use and Panther Hall pool usage adds more than 30,000 annual uses – many of which are recurring individuals, however. All recreation services are paid for by students through the Activity and Services fee of approximately $11 per credit hour and are then available at no additional charge to all enrolled students.

With so many facilities students are paying for, one might wonder why more students don’t take advantage of them.

Director of Recreational Facilities Robert Frye believes that just like any extracurricular activity, participation is mostly affected by people’s schedules and other things going on in their lives – classes, studying and life itself.

“We can’t meet everyone’s needs, just as the Graham Center, SPC [the Student Programming Council], Greek Life or Housing can’t meet everyone’s needs. We can provide the opportunities, the information, the programs and the facilities, but you can’t force people to participate,” Frye said.

Junior Christopher Bello cites limited time as a reason that someone may not use the facilities.

“When I am on campus, I’m either in class or working. Between balancing work and school, I don’t have a lot of free time. There just aren’t enough hours in the day,” Bello said.

But, according to sophomore Mario Semiglia, the reason could be that students don’t know about the available facilities.

“I wasn’t aware that we had pools on campus,” Semiglia said. “I use the gym, but I didn’t know we had pools and tennis courts.

Despite some lack of awareness and conflicting schedules, Frye encourages students to visit the Recreation Center and is putting forth maximum effort in order to accomplish this. He is doing this by promoting the facilities through freshman orientation and first-year experience classes.

“Everyone is paying for them, might as well use them,” Semiglia said.

Fernando Garcia/The Beacon

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Professor chooses Harry Potter over conventional textbooks

Harry Potter is a book series that many students have grown up with, but when used for teaching in a college classroom, it’s a bit of a touchy subject. Nevertheless, adjunct English professor Kenneth Claus ignores the touchiness and analyzes the books in his early morning classes. Claus uses the books in his ENC 1101 and 1102 courses, but for the Fall semester, he is only teaching ENC 1101.

The ENC 1101 class itself isn’t devoted to the analysis of Harry Potter – it’s actually a composition class. Like other ENC 1101 courses, students learn how to write the four basic types of essays – autobiographical, visual, narrative and argumentative.

According to Claus, about half of the students know that he uses the Harry Potter novels while the other half are taken by surprise. Freshman Wendy Perich, who took one of Claus’s courses in Summer B, recalled her reaction when learning that she would be reading stories of the young wizard.

“When I walked into Professor Claus’ class, I wasn’t sure what to expect,” said Perich. “I took my seat and waited for class to begin. He stood up, began to tell us about the class and when I heard that we were going to be reading Harry Potter I was almost too excited to start.”

Claus said that many ideas for essays arise from reading the Harry Potter books – students will usually read two of the novels; themes range from good versus evil to racial cleansings.

Despite the potential essay topics stemming from the books, his method of instructing the composition class isn’t free from criticism, particularly from his fellow professors.

“About half of them knock it out, but if you’re going to knock it step up,” Claus said.

He said that many professors look down on the books because they are technically children’s books. But according to Claus, they are more of a hybrid book series meant for both children and adults.

“As a fellow teacher, it is not something I would do,” said English Department Chair Carmela McIntire. “He is using [the Harry Potter novels] with great success.”

According to McIntire, in recent years the English department had to enforce stricter curriculum policies because of the varying quality of courses.

“There was not enough oversight,” McIntire said. “It did not serve the students well.”

According to Kimberly Harrison, director of composition for the English department, the ENC programs are moving toward more national standards, but as long as Claus accomplishes the set goals and criteria set by the department, he has leeway in how he chooses to meet them.

Regardless of the minor disagreements in his teaching method with other professors, Claus said he is spoiled with the students he teaches.

“Attendance remains very high,” Claus said. “Usually only one student is missing if any.”

The feeling is mutual for Claus’ students as well.

“He was very involved with all of the students,” said freshman Melissa Rodriguez. “He just has a great outlook on life and teaches so that his students can learn and not so that he can get money.”

Claus also believes that teachers should treat their students with the same level of respect they expect from the students.

“You don’t treat them like middle school students,” Claus said. “A good teacher is always a student. Claus was the first adjunct professor in the English department to win the University Excellence in Teaching Award in 2000, but his path to prominence wasn’t always simple: September 25 marks the 19th anniversary of receiving a complete heart transplant.

In 1988, Claus suffered from a virus that caused severe heart muscle damage and led to the complete transplant. It was a very experimental procedure at the time, according to Claus. The procedure has a high mortality rate because of the body rejecting the new organ or from toxicity from the anti-rejection medications.

“For some reason, none of that happened to me,” Claus said. “The mortality rates are such that very, few people live this long, and even fewer are healthy enough to work the kind of schedule I do.”

Claus is now relatively healthy only needing to take a few hours every afternoon to relax and continue taking his medications. Even with his medical condition, he pushes forward with his classes.

“I realize that a lot of what people think is seriously important is not,” Claus said. “I tend to go the extra mile in helping people and have become completely intolerant of intolerance.”
First game looks to be a challenge

Vetern mesh with younger players to compose new defensive makeup

FOOTBALL NOTEBOOK

**SUN BELT VOLLEYBALL STANDINGS**

**Eastern Division**

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**Eastern Division Team Kill Leaders**

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**Hitting Percentage Leaders**

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**SUN BELT LEADERS**

**Eastern Division Hitting Percentage**

**Football, page 12**

“...you have got to be ready to step up.”

Dominguez, like Bryant, saw his playing time increase due to the brawl, and started strong as his 13 23 tackles were compiled during the final two games of the season.

With all the youth at the linebacker position, the front seven still figure to be the strength of the team as they return seven lettermen along the defensive line. Clarke and Jonathan Betancourt will anchor the defense from the inside where they combined for 25 tackles last season. In addition, Jarvis Penentor will attempt to replace Barnes as the team’s main pass rusher.

Penentor had two sacks last season as a backup to Barnes, who ranked third in the nation in tackles for loss. The secondary returns Lionel Singleton, who is arguably the team’s top returning player after tying the school record with five interceptions last season. He was given honorable mention by sportst Illustrated.com in the 2006 All-American team.

Singleton, who has been hurt for much of camp, will be opposed of Robert Mitchell, who recorded two interceptions last season.

With the veteran leadership in place, it is the young linebackers who will likely be the key to the unit’s success this season, and the departed linebacker’s advice on being humble and keeping a strong work ethic has had an impact already. “We are here to play football, not here for girls or any other distractions,” Bryant said.

“Just football.”

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The roster consists of five returning seniors, but without last season's leading scorer, forward David Hope. The returning seniors, especially forward/midfielder Christian Caporaletti, are really sincere about the mistakes that have been made. That was straight from the heart, so I would say America is a forgiving country once you show people that you are really sincere about the mistakes that you made.

The lesson came through loud and clear. "I think anybody that's in that kind of position knows that just as quick as you get built up, they'll break you down. You've just got to be careful of what you're doing and who you are hanging with," the starting tailback said.

But he added, he agreed Vick already has made a first step toward redemption. "From the impression that I got, the speech was sincere. He didn't have it written down. That was straight from the heart, so I would say America is a forgiving country once you show people that you are really sincere about the mistakes that you made."

The lesson, wide receiver Justin Harper said, was much like the one the Hokies have been highlighting each day since the April 16 shootings brought tragedy to campus. "You've got to value each day," he said.
Last year’s lone bright spot, the defense, was overshadowed by negativity. But amidst all the negativity the defense still maintained some recognition.

The Golden Panthers featured former linebackers Antwan Barnes, James Black, Alex Bostic and Keyonvis Bouie, who combined for 333 tackles en route to being ranked 28th in the nation in total defense. The group featured Barnes, who was the first player ever selected in the NFL’s amateur draft.

The players have received message.

“People come and go,” Dominguez said. “Some people talk, some people just play, but to lead by example is the way.”

Bryant is aware of how successful defenses require several key players, not just one.

“We got our hats flying everywhere, we’re bringing energy. But without Tyler [Clawson], Mike [Dominguez] and the rest of them, I would not be in the position that I am now,” Bryant said. Who played linebacker at Lake-land High School, saw extended playing time following the highly publicized brawl with the University of Miami on Oct. 14 of last season that saw many veteran players suspended.

Bryant picked up 16 of his 21 total tackles during the final three games of the season and has seen his momentum carry into camp. He enters the season as the favorite to step in full time at strong side linebacker. Coaches and players believe Bryant and others can fill in and produce immediately.

“They have to be the best they can be,” said defensive coordinator Phil Galiano on his new linebackers and their task of replacing departed seniors. “We have about six guys we can rely on to play. We have got what we need here.”

“Statistics can be misleading,” Cristobal said. “We need to make sure everyone picks up the graduated linebackers bequeathed a message of advice behind to the young players looking to fill the holes they left.”

SUFFOCATING DEFENSE: Senior defensive back Lionel Singleton brings down a USF wide receiver.

FOOTBALL
More responsibilities for new defense

JONATHAN RAMOS
Contributing Writer

The Beacon – 12

August 30, 2007

The Golden Panthers finish second in Cal Molten Classic tourney

SERGIO BONILLA
Sports Editor

FIU 3, NEU 2
FIU (1-0) mustered a 3-2 (21-30, 22-25, 30-21, 15-11) come-back victory against the Northeastern University (0-1) at the Cal Molten Classic in Berkeley, Calif. for the first win of the season.

Outside hitter sophomore Olga Vergun recorded a career-high 28 kills coupled with a team-high .449 percentage. Vergun’s performance was complemented by fellow sophomore outside hitter Yarimar Rosa, who recorded 23 kills, 16 digs and five blocks.

Senior setter Keila Oliveira led the team with 61 assist. She led the team in assists last season as well.

The score was 10-10 in the deciding fifth game, when Vergun and Rosa recorded back-to-back kills to begin the 5-1 run.

FIU, IDAHO 1
The Golden Panthers (2-0) won their second consecutive game to begin the season against Idaho 3-1 (30-22, 30-15, 22-30, 30-21) in Berkeley, Calif.

Outside hitter Yarimar Rosa followed her 23 kills from game one with 22 kills and a .357 hitting percentage. She was one dig away from recording her second double-double in a row. Outside hitter Olga Vergun contributed 19 kills herself, and junior Mariana Drumeva led the team with a career-high 18 digs.

Game three was the Golden Panthers worst game as they fell 22-30, but the team bounced back clinching the victory in game four with efficient play. Both sides made only four attacking errors.

FIU 0, CALIFORNIA 3
The only ranked opponent in the Cal Molten Classic gave FIU its biggest challenge as FIU (2-1) lost their first contest of the season against No. 12 California 0-3 (30-23, 30-16, 30-21) in Berkeley, Calif.

FIU’s offensive output was reduced by more than half as outside hitter Yarimar Rosa recorded 11 kills versus her 20+ performances in the previous two games. Angie Pessie was named the tournament’s Most Valuable Player propelled her team to a perfect tournament (3-0).

Cal’s net protection led to out-blocking FIU 15-7 and holding FIU to a negative hitting percentage for the match (.018). Ellen Orchard had the biggest defensive impact with her nine blocks.

The team’s quick start in the first two games did not prevent the Golden Panthers to be shut-out. Cal jumped to a 5-1 lead in the third and deciding game. The Golden Panthers clawed their way to within 2 points, 16-18. However, Cal responded with seven straight points.

Cal versus FIU 7-3 against each other in the Cal Molten Classic.

The Beacon – 12

August 30, 2007

Students learn from Vick trial

HANK KURZ JR.
AP Sports Writer

BLACKSBURG, Va. - The doors that lead to the large auditorium where Virginia Tech’s football team meets are kept propped open these days, giving passers-by a clear view to what once appeared to be the Hokies’ inner sanctum.

Outside, the words “Michael Vick Hall” on the wide open wooden doors are hardly detectable, and have been for weeks since his legal troubles became increasingly apparent.

While the goal of minimizing Vick’s impact at Virginia Tech seems clear, in the offices where coach Frank Beamer and his assistants are preparing for their season opener on Saturday against East Carolina, the support for the Atlanta Falcons quarterback is unwavering.

“I thought Michael Vick took a big, big, big hit,” coach Beamer said. “I thought it was a fateful kind of moment, like him, think about him. I’m pulling for Michael Vick.”

Beamer, who coached Vick for three seasons and whose team rode his dazzling skills to the Sugar Bowl national championship game in 2000, met with Vick at the NFL Draft in April, around the same time Vick met with NFL Commissioner Roger Goodell and Atlanta Falcons owner Arthur Blank. Vick admittedly lied to the NFL about his role in a dogfighting ring.

“I know how I know him, like him, I thought he was extremely sincere, I’m pulling for Michael Vick. I know how he is, I talk to him and I think about him. I’m pulling for Michael Vick.”

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