There’s an APP for that: Academic Planning and Preparation Workshops

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With over 200 different degree programs, undergraduate students like Fiorella Marquez, have had difficulties in declaring a major.

“To help students with this issues, the University’s Academic Advising Center will have one of their academic and preparation workshops on Nov. 4 as a way to guide students through the process of choosing a major that best fits them.”

Marquez, a senior psychology major, switched majors twice before she decided that psychology was the thing for her.

“With the help of Dr. Cleaver and my other professors, I started focusing and taking classes that related to my major instead of taking classes that I thought I found interesting,” said Marquez.

As a psychology major, she plans to work in a lab, but she also realizes that it may not be her end goal.

“I thought this was the best way possible.”

Assistant director for the center of academic advising, Hazel Cleaver, said that the center is a good place for students to get an idea of what they might want to do.

“We generally focus on what you like to do such as hobbies or general categories that you might be interested in,” said Hooker.

This kind of assessment will be given at the workshop, which will focus on each student’s interests, skills, and values.

For students like Alexandra Cleaver, finding the right major wasn’t a difficult task.

Cleaver, a junior journalism major, said that she used her own personal assessment to find that journalism works best.

“I looked at my strengths and weaknesses and I found that I really enjoyed writing. It was something I enjoyed and wanted to explore more,” said Cleaver.

Besides a workshop on choosing a major, Hooker said they have other workshops that relate to their exploratory programs that may be of interest to students. For example, workshops on the importance of networking.

“In more about who you know than what you know, and so that helps students realize that you need to start talking to your classmates, meeting other people, and getting involved,” said Hooker.

Also, there are workshops on what not to do on social media that may jeopardize future employment and internship options.

“Social media is a big part of students lives so we go over what not to do, especially if you’re looking for a job,” said Hooker.

“Our main goal is to help students figure out what they like and how to go about it from there.”
US military refuses to be ‘too late’ on climate change

The Department of Defense’s recently released Climate Change Adaptation Roadmap notes that climate change “poses immediate risks to U.S. national security,” the strongest language yet from the Pentagon. A 2012 report from the Center for Climate and Security found that rapidly declining winter precipitation in the Middle East and North Africa, driven by a changing climate, contributed to the displacement of more than 1.5 million people in Syria from 2006-2011. These dynamics in the Middle East were forecast in a CNA Military Advisory Board report contributed back in 2007. In an analysis of that report released this year, it was stressed that these impacts “are already accelerating instability in vulnerable areas of the world and are serving as catalysts for conflict.”

Dalai Lama answers ancient question: Money or sex?

Thousands poured into Princeton University’s gymnasium Tuesday in Princeton, N.J., to hear wisdom from the man in the orange baseball cap. “What is the key to happiness?” a student asked him. The Dalai Lama thought for a moment. “Money,” he replied. But no one was laughing louder than his Holiness. His Holiness was only kidding about the money, and of course, once the laughter had died down he returned to the theme of his talk.

Running Dead 5K brings herd of zombies to campus

There will be four different types of zombie characters: lurkers, walkers, chasers and herds. The chasers are more like running zombies, which are different than the more common and slower walkers zombies.

The event is one of many that the FIU Triathlon Club puts together in collaboration with the BBC Recreation Center to fundraise for their weekly Saturday training and triathlon events. It is also a way to promote the sport of running as well as to recruit new club members.

Reddick said that this is the first year the 5K race will be on the same day as Halloween rather than a day closer to the holiday.

Anyone is welcome to the club. The only requirement is to attend Saturday trainings that involve biking, running and swimming at BBC. Active members receive professional training and they are able to participate in different triathlons throughout the school year. This includes triathlons like the University’s 2015 2575 Triathlon North Miami Marathon, Alternative Breaks and Relay for Life.

“It’s a great and unique experience to walk for what matters to you and everyone can come together for all their causes,” Goldstein said.

The University’s Alumni Association and its Board of Directors are also teaming up to raise funds. Beatrix Newborn, a coordinator for Alumni Student Programs, said their cause will be FIU student scholarships.

“I sure we are going to meet people and learn of a whole new cause we may not have known about,” said Goldstein, “So we are also ambassadors for our causes while we are there.”

Quinces said she has big plans to expand 5kPARKFest as an annual national event.

“Perhaps, maybe globally one day as one of the most successful fundraising events that [non-profit] organizations can use to raise funds for their mission.”

All are welcome, and organizations are encouraged to sign up as soon as possible to join the fun.

One Sippin leaves student government, another returns

expressed concern over Zayas’ lack of experience in SGA. Among these, Tomas Alcala, College of Architecture and the Arts senator and speaker pro tempore, and Santiago Dumervil, Housing senator. “This is my first year in SGA; I especially SGA, is a growing experience,” said Angelica Joy Duvic, a sophomore communication arts major. “Halloween, to me, is taking at least one day out of the year to dress up and acknowledge that it’s okay to be loving in something that doesn’t make complete sense.”

Others didn’t agree. “I think that part of being in any involvement on campus, especially SGA, is a growing experience,” said Angelica Joy Duvic, a sophomore communication arts major. “Halloween, to me, is taking at least one day out of the year to dress up and acknowledge that it’s okay to be loving in something that doesn’t make complete sense.”

“PARKers motivate me, it sort of empowers it,” she said. “PARK is about being involved in something that doesn’t make complete sense.”

She anticipates 5,000 participants to join the fun.

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Although it was a close vote, Zayas beat McLamb by one vote.
Halloween or National Insensitivity Day?

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Aside from the ABC's, sharing and counting to ten, one of the very first things, for the most part, that people learn from the beginning of their lives is respect. This word, “respect,” includes everything from learning how to nicely pet an animal, to saying please and thank you and having consideration for others.

Unfortunately, despite parent’s efforts to teach their children to have respect for others and educational programs at schools attempting to teach the same, students, employees, parents, children and people in general are continuing to show how humanity is declining to the point of disgust.

Now, it seems that with the continuous negative and depressing events going on in the world, people are taking these ideas and turning them into what they seem to believe are epic Halloween costumes. This, however, has led to some situations in which people are feeling pretty uncomfortable.

One couple dressed up as Ray Rice and his wife, portraying the event where he beat her up. Wearing a jersey with his name on it, and having her wear dark makeup to look like bruises, they posed for the camera taking shots with him throwing a punch, dragging her and acting out other ways he beat her up. Looking at it from the perspective of Ray Rice’s wife, seeing people mock one of the most negative traumatic events of her life must be horrifying.

Leonard James Moore, a freshman majoring in marketing at the University at 9:30 a.m. and often don’t leave until 3 a.m. a week. He’s been working like a demon to complete that and then some.

But, I don’t let that stop me. I keep working like the ‘A’ student that I am. Every day, I’m in class, pick up my pencil, heed his notes and try again. I don’t settle for a ‘B.’

It brought up a more than a few meditations on respect and respectfulness. It took a whole week for all of us to become obtained. And it’s all about that respect and respectfulness.

But, I don’t let that stop me. I keep working like a demon to complete that and then some.

I’ve incorporated what I’ve learned in this class into other classes’ work and the teachers praise me. In my other classes, I’ve only received “A’s.” So what’s happening?

There are days I feel lost. I question my abilities, where I stand in the class and if I should drop out and pick up hummus-making as a career. Some days, those critiques are really harsh, while others I think, “What’s the problem?”

Well, I won’t lie. The professor is right and there are mistakes and things I could improve.

Another fact of PETA’s education efforts should be to teach the public the requirements and criteria of pet ownership. Many people purchase or adopt animals on a whim and then are unable to care for them.

As a pet owner, I believe it is up to all of us, not just organizations like PETA. We caused the problem, not the animals, so it is up to us to fix it.

The first step is to educate ourselves, our families and other pet owners or future pet owners so they understand the risks and benefits of animal breeding. We should also advocate for sterilization as a preventative measure and solution to overpopulation.
University says it’s prepared for Ebola

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The recent case of Ebola involving Craig Spencer, a New York physician working with Doctors without Borders in Guinea, reopened the conversation of what outbreak could look like in the U.S.

Spencer had been monitoring his health carefully for any symptoms prior to his return to New York. Upon arrival, he began taking his temperature twice a day, immediately reporting to authorities of having a fever the moment it began. Currently, Spencer resides in the care of Bellevue Hospital Center’s doctors and nurses.

The current number of Ebola cases in the U.S. has also called for attention regarding the flights coming in from outside the country. Only West Africa is infected with this virus, so thoughts of shutting down all flights to and from the region derive from putting a stop to the virus.

Ebola has caused a disturbing impact in West Africa due to the lack of proper infrastructure and technology to contain an outbreak. Meanwhile, the U.S. has concentrated most resources to supplying relief to West Africa, saving valuable lives.

The Center for Disease Control and Prevention informed the public that someone who has become infected with Ebola is not contagious until symptoms appear between two to 21 days after being infected, but more commonly around eight to 10 days. Symptoms include fever, severe headache, muscle pain, uncontrollable vomiting, diarrhea, stomach pain and bleeding or bruising. They have stated that there is no confirming evidence of it being airborne.

While Washington is working to contain the outbreak overseas, local officials and policy makers across the country are creating “what if” situations, while hospitals and health centers try to evaluate how prepared they should be. Oscar Loynaz, the director of Student Health Services, was able to inform just how FIU would handle an Ebola outbreak on Campus.

Loynaz says that there are various branches that would need to come together to protect students—the main two are FIU Health and FIU Emergency Management located in Parking Garage 5. FIU Emergency Management is the leadership group of the University that would respond to any outbreak that requires action effective immediately. Student Health Services and FIU Emergency Management have met and discussed preparation on the communication side. In the case a student were suspected to be infected with the virus, Student Health Services would communicate this information through Emergency Management, triggering a comprehensive response to keep students safe, but informed.

“We are working together across campuses to ensure we’re all on the same page,” Loynaz said.

Internally, the University is equipped with personal protective equipment, assisting them in protocol if one of the students came in and met the criteria of having Ebola. An isolation room would be created, and then another room would be set aside for the process of de-gowning. Both rooms would be quarantined and “we would be communicating with the Miami Dade Health Department, and in consultation with them to be able to determine what to do with the patient, which way to go, and calling 911 to transport them appropriately to a hospital,” Loynaz said.

A sick clinic and a healthy clinic would be established to help contain the virus from spreading. This was originally done with the H1N1 Flu Virus a couple years back, and included a phone system to call in and report symptoms being experienced, so that then the student may either be directed to the sick clinic or the healthy one.

This system would reduce the likelihood of the virus spreading onto healthy students.

In terms of where FIU lacks, Loynaz says locally, nationally and even worldwide, there are still numerous unknowns regarding this to this virus. Even though the University wouldn’t consider itself an expert on the virus Loynaz says it “will do what the CDC is recommending and what the Florida Department of Health recommends.” Due to the virus being uncommon in the U.S, we currently don’t have all the facilities necessary at hand.

Yet, what FIU lacks, it makes up with ideas and the proper planning to ensure that all can be done in providing safety to the future of students at FIU, according to Loynaz.

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A Swift climb up the charts with ‘1989’

The Resurrection of Keanu Reeves: ‘John Wick’ gives the old star his groove back

In the weeks leading up to the release of her sixth studio album, ‘1989,’ Taylor Swift fans were left hanging. With no single being released before the album’s release date, die-hard fans were left wondering if maybe the biggest pop star of all time could deliver a chart-topping album. Now that the album is out, Swifties are rejoicing with a one-two punch of Sold-out world tours and a new Taylor Swift song that listeners can’t get enough of.

On the album’s alleged Katy Perry reference, Swifties were not disappointed. The single “Shake it Off” hit No. 1 in its first week. With the release of the first single from the album, “Shake it Off” has already topped the charts. Swifties are rejoiced and airwaves are filled with the upbeat single.

Swifties are not the only ones who are rejoicing. The album’s release has caused fans to look back on Swift’s career and realize that she has been quietly crafting hits since her debut album in 2006. The album’s lead single, “Shake it Off,” is a return to form for Swift, who has been criticized for her songwriting in recent years.

Despite the lack of new songs before the album’s release, Swifties are not disappointed. The album is a return to form for Swift, who has been criticized for her songwriting in recent years.

The album is not all pokes and jabs at her critics, there’s a lot of heartbreak and tender moments as to be expected of a Taylor Swift album. “I Know Places” is the closest thing to an actual ballad on the album and delivers some of the best vocals Swift has ever recorded to date. The track with seamless verses builds up to a powerful chorus comparing Swift and her love interest to foxes outrunning hunters with cages and guns.

Perhaps the most interesting facet of ‘1989’ is Swift’s ability to craft surefire soon-to-be radio hits. It feels organic in some respects but it can seem obvious to some listeners that Swift set out to engineer earworms made to dominate the pop music game.

The saccharine “How You Get the Girl” lends credence to the phrase “less is more.” ‘1989’ is yet another testament to Taylor’s power as a name in music. The record is a more than satisfactory opening chapter of her next musical conquest: taking the pop industry by storm because there’s nothing as timeless as a hopeless romantic facing heartbreak, new love and the occasional strife that comes with both, and we all know who plays that game all too well.

Maybe a little too well.

Keanu Reeves hasn’t successfully fronted an action film in some time, but with “John Wick,” he is definitely back. Starring as the titular Wick, Reeves could not be better—shooting up people left and right with the amazing precision and ferocity, this man does not play around. The direction by Chad Stahelski and David Leitch is excellent, featuring no shaky cam, with long shots showing us all the angles so that we don’t miss a thing. It’s so great to see the action on screen, and it’s noticeable that Reeves does many of these scenes himself, meaning we see his face more often than not when he’s fighting goons.

The story of “John Wick” is incredibly simple, so what you get is an action movie with filler or weak spots. It’s amazing how a legitimate action film is able to provide exactly what I want, as well as some things I wasn’t expecting. “John Wick” has impressive world-building, featuring a variety of characters—who live in their own criminal world, a world which has existed for quite some time. The actors that fill this world’s characters are all great, from big roles (Michael Nyqvist, Alfie Allen, Adrianne Palicki), to small roles (Willem Dafoe, Common)

‘1989’ is yet another testament to Taylor’s power as a name in music.

On the topic of style, perhaps Taylor’s biggest edge over her competitors is her ability to craft an almost timeless style. None of the ‘80s’ tracks feel dated despite some borrowing elements from the ‘80s. There are no references to “twerking” or modern pop culture or whatever the young’uns are into these days. One could revisit the album years from now and it would still feel “modern.” Her contemporaries do not necessarily have that advantage.

That being said, the record’s biggest strength is its double-edged sword. With the timeless comes a hint of blandness and a lack of character. It has a story to tell and does not waste any time telling it, while also providing unique ways of telling said story. The film uses subtitles in a unique way by either highlighting certain words or positioning them in different areas (instead of the conventional “at the bottom of the screen”). As aforementioned, background info is given out throughout the film, never stopping or slowing down the action: some of this info is more shown than explained, while more important story-driven info is more fully explained. Neither forms of exposition stop the film’s pace, which is always brisk and on-the-go.

When it comes to straight up action, “John Wick” delivers, on top of great performances and script. The action scenes are fantastic, and the film as a whole feels satisfying. If you’re an action fan or even just a Keanu Reeves fan, this is a must see.
Cross Country seeks victory at conference

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The cross country team will venture out of the state for the first time this season as they travel to Dallas for the Conference USA Championships on Saturday, Nov. 1. The men’s and women’s teams have not participated in an event since the Disney Cross Country Classic on Saturday, Oct. 11, and will look to post solid outings at their most important event of the year.

“We work all year for a conference title, so in order to make that a reality, you have to talk about it as if it’s something that will happen,” said Head Coach Ryan Heberling.

Although the team competed in Orlando, the remainder of the month was devoted to training for the Conference USA Championships. Assistant Coach Jermaine Felix has worked closely with the cross country runners. His knowledge about how the human body functions has been valuable to his athletes. He is also well liked among the runners and, once the cross country season is over, will be key in transferring some of his athletes over to track and field related events.

“They like everything about what [Coach Felix] has brought to the program for cross,” said Heberling.

Unofficial visits from cross country and track alumni during homecoming week contributed more experience to the team. These drop bys were beneficial for a squad that is loaded with freshmen.

This weekend will be the Panthers’ second trip to the championships since joining the conference in 2013. Last year, both the men and the women finished in 11th place out of 13 participating teams. With the addition of a new head coach, more determined athletes and a winning culture, the team should be primed for a better performance.

“There is only so much we can do in this sport since there’s not a scheme or a strategy. It’s mainly the atmosphere you create amongst the team and the athletes you bring into the team,” said Heberling.

Weberman is likely to produce the best time for the men. He has consistently led the runners all year in the 8,000-meter and is looking to beat his personal record. Greenup ran a 25:11.71 at the University of Central Florida Cross Country Invitational, but he refrains from taking that time seriously due to concerns about the length of the course. Instead, the freshman will be looking to best his time of 25:33.90 that he ran at the Mountain Dew Invitational.

Junior Eli Monzon has not run a time slower than 28:32.9 and freshman Leonel Pozo has a personal record of 29:24.38 this year. If they produce similarly this weekend to how they have this season, the men should be in good shape.

New personal bests have emerged consistently for the women as the season has progressed, so the Conference USA Championship should bring nothing less. Senior Catherine Ventura will seek to beat her 2014 best of 19:50.10 at the Mountain Dew Invitational. She ran a 20:17.3 at the Disney Cross Country Classic.

Sophomores Adrienne Gerzeny, Isolda Montiel, and Britanny Wasserbeck will also need to keep up for the women to avoid another eleventh place finish.

First place at the Conference USA Championships would put an exclamation point on an already impressive season for the men and women.

We want to win a conference team title, so in order to make that a reality, you have to talk about it as if it’s something that will happen.

The conference, however, contains some viable cross country competition. For the Panthers to bring home the championship, they will need their freshmen to perform like their potential says they should, and their veterans to run as if it were their last days on the job.

Raymond Sixto
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Golf Team Hosts 37th Annual Pat Bradley Invitational

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On Sunday, the Panthers will host the 37th Annual Pat Bradley Invitational at Lakewood Ranch Golf and Country Club in Sarasota, Florida. They will be part of a field of 14 schools.

Here’s a small preview of each team in the tournament:

Bethune-Cookman College

The Wildcats have already participated in three tournaments this season. Their best finish came when they won their first place at the Wendys’ Invitational.

Senior Jennifer Hide, who has only appeared in two tournaments this year, leads the team with a 75.40 stroke average. Her best finish came at the Wests’ Invitational, when she shot 4-over-par for the tournament, 76-72-72 (220) and tied for fourth place in the tournament.

Bradley University

The Braves have played in four tournaments this season. Their best finish came at the Cardinal Cup and the Redbird Invitational.

Junior Danielle Lemeck, who leads the team, has a team best 73.00 stroke average and two top-five finishes, including an individual victory at the Cardinal Cup when she shot 75-69-69 (213) 3-under-par.

University of Cincinnati

The Bearcats have played in five tournaments this year and only had two top-five finishes, one of which was a tie for first place at the TP River’s Bend Bearcat Cup.

Sophomore Ashley Cassidy, whose best tournament came when she tied for 12th by shooting 76-76 (152) at the TP River’s Bend Bearcat Cup, leads the with a high stroke average of 77.75.

Daytona State College

The Falcons have been in three tournaments this year, their best finish second place at the LPGA Xavier Invitational.

Sophomore Tiffany Chan leads the team, though only appeared in two tournaments this year, shooting under 70 in half her rounds. Her best finish was a victory at the Xavier Invitational after shooting 67-66-72 (205), an amazing eleven-under-par. In her two appearances, she has a 69.83 stroke average, the best on

University of Delaware

The Lady Blue Hens have played in four tournaments this year, their best finish a tie for first place in the Tignаниelli Townson Invitational.

Junior Vimonith Benjawanwana leads the team with a 77.91 stroke average. Her best tournament came at the University of Delaware Lady Blue Hen Invitational where she finished tied for seventh after shooting 75-78-79 (232).

Drake University

The Bulldogs have played in three tournaments this season. They have one top five finish coming at the Jackrabbit Fall Invitational when they came in third.

Freshman Madison Glennie has a top ten finish this year coming at the same tournament, the Lady Falcon Invitational. They are led by sophomore Heather Netti who has a team best stroke average of 78.75 and has one top 15 finish this season.

Florida Gulf Coast University

The Eagles have played in three tournaments this year. They haven’t had a top five finish this season yet. Their best performance was at the Marilyn Smith/ Sunflower Invitational as they finished in eighth in the tournament.

Junior Mei Kuan Yong leads the Falcons with a 74.44 stroke average. She has not had a top twenty finish yet this season and looks to get her first finish this weekend in Sarasota.

Florida International University

The Panthers have been in three tournaments this season. They finished in the top five in every tournament they’ve been in.

Freshman Madison MacLaren who began the season by winning the Mary Fossum Invitational.

The team is led by junior Meghan Maclaren who began the season by winning the Mary Fossum Invitational.

She has finished in the top 15 in each of their tournaments this year. She is also a team best stroke average of 72.44.

Although she had her best finish at the Mary Fossum Invitational, it was not her best performance. Her best performance came at the Johnnie Ives Invitational when she shot 69-73-70 (212) and tied for fourth place.

Jacksonville University

The Dolphins have been in three tournaments this season. They came in third at the UNCG Forest Oaks Fall Classic. The team is led by senior Jessica Welch who has a team best stroke average of 74.80 and her best finish was at the UNCG Forest Oaks Fall Classic when she finished tied for second place.

University of Memphis

The Tigers have played in four tournaments this year. Just like FIU, Memphis has also finished in the top five in each of their tournaments this year. They are led by freshman Michaela Fletcher who has a team best 72.68 stroke average.

Her best finish came in the Cardinal Cup when she finished tied for second.

University of North Texas

The Mean Green have played in two tournaments this year.

They haven’t finished in the top five in either tournament. The team is led by senior Maraea Durie who has a team best stroke average of 74.83 and her best finish was at the New Mexico State Aggie Invitational when she finished tied for fifteenth.

Texas A&M University Corpus Christi

The Islanders have been in three tournaments this year. They came in fourth at the SHSU Harold Funston Invitational.

The team is led by sophomore Ana Paredes who has a team best stroke average of 76.56 and had her best finish was at the SHSU Harold Funston Invitational when she finished in fifth place.

Western Illinois University

The Fighting Leathernecks have been in four tournaments this year. Their lone victory of the season came at the Western Illinois Invitational.

The team is led by senior Jessica Knap who has a team best stroke average of 78.80 and had her best finish was at the Western Illinois Invitational when she won the tournament.
FOOTBALL

Panthers welcome defending C-USA Champions

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The Panthers welcome the Rice Owls to the Cage on Saturday, Nov. 1, for a Conference USA matchup. The first ever meeting between the two schools kicks off at 12 p.m. and the game will be broadcasted live on the American Sports Network. The Panthers enter the contest with a 3-5 record overall and a 2-2 record within the conference.

The Panthers will be well rested coming off their bye week and will try and end a two-game losing skid. Head Coach Ron Turner spoke about his team on the Defo and Goldie show on 940 WINZ. “They have had some off time off for the bye week and they came in on Sunday with great energy and great sense of urgency,” said Turner on the show. “They were ready to go. We had an excellent practice and they had another one [Tuesday]. I think our guys are really excited.”

The Panthers struggled in their latest contest against then-ranked number 25 Marshall University. The Panthers jumped out to a 7-0 lead before the Thundering Herd rallied for 45 straight points, eventually winning by a final score of 45-13.

Senior running back Alex Gardner left the Marshall game with an apparent shoulder injury. All signs point to him being sidelined against the Owls. Redshirt junior Anthon Samuel will have to step in for Gardner, who leads the team in rushing with 582 yards. “We’re gonna have to execute on offense, move the ball, be efficient and most importantly protect the football.” Turner said.

Rice enters the Cage on a four-game win streak and an overall record of 4-3. They are the defending Conference USA champions and have one of the best rushing attacks in the country.

“They are a really good team,” Turner said. “They’ve won four in a row and they have a lot of confidence right now. They’re rushing for almost 200 yards a game. So that’s gonna be the big thing we’ve gotta slow down. I know it’s a big challenge, knowing that they’re the defending champs and that they’ve won four in a row.”

Cat fight: Panthers look to outclaw the Wildcats

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After upsetting Conference foe Marshall University on the road, the men’s soccer team is ready to head back to Miami to face the Kentucky Wildcats on Sunday, Nov. 2. Just two weeks ago, it seemed that the season for the Panthers was quickly heading south. But after winning two games in a row, they now stand at 5-7-1 and seem to be heading in the right direction.

The Panthers’ defense will have to step in for Gardner, who’s currently out with an injury. They enter the week at .500 before hitting the road again. Winning streak to four and reaching .500 before hitting the road again.

Although the defense has had their fair share of struggles, Head Coach Scott Calabrese has made it a priority to convert a weakness into strength.

Nevertheless, the offense has been firing on all cylinders and has made it up for much of the mistakes on the backfield.

The Panthers’ offense has been so good, they have scored in every single game except three throughout the season so far.

Senior captain Quentin Albrecht has led the offensive awaking. He has scored or assisted in almost every game this season since playing against Eastern Tennessee State, with the exception of Florida Gulf Coast University.

Having scored four goals in the previous three home games, Albrecht is expected to continue this trend on the field.

Lurking Wildcats

It’s been a successful season for the University of Kentucky. After losing three of their first five games, the Wildcats have responded to adversity well. Since then, they have only dropped one game between September and November — their lone loss coming to the No. 18 Louisville Cardinals.

While many of their games have been won by a small margin, the Wildcats have done whatever it takes to grind out multiple games.

Before coming up with a draw against Ohio State, the Wildcats won five games in a row. While on the field, the No. 25 Wildcats have been led by senior forward Justin Laird — who has contributed five of the 22 goals scored by the Wildcats this season.

However, on the sidelines, they are led by third-year Head Coach Johan Cedergren, who has excelled with the team. After an 11-year drought, Cedergren was able to lead the Wildcats to the NCAA tournament.

Following the home stretch, the Panthers will go back on the road for their last game of the season to play the Old Dominion Monarchs on Friday, Nov. 7.
Halloween triathlon attracts mass of zombies

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Just eight months after the University opened its first donation-based food pantry, a second opened Jan. 30 in Deuxieme Maison 166. The first opened in January at the Biscayne Bay Campus, spearheaded by Christine Tellez and her colleagues, who were driven to stop student hunger at the University and make healthier food items available at no cost.

“A lot of the time, students would come in saying they couldn’t eat healthy because they didn’t have food,” Tellez, Student Health Services dietitian specializing in nutrition counseling and education, said. The pantry supplies different kinds of non-perishable foods, which is anything from cans of tuna and beans to bags of rice and boxes of oatmeal, for students who cannot afford it.

Florida State University, the University of Oregon and Michigan State University have also implemented food pantries to fill the empty bellies of college students.

Before the food pantry opened at BBC, Tellez said she heard complaints from cash-strapped students living on campus of not being able to afford nutritious food, or anything at all. She said students would often describe food as often taking the backseat of their budget, beat out by tuition and book costs—which is ultimately what led to the opening of the BBC pantry a year ago.

The largest issue the department faced in the launch of the MMC food pantry was not collecting donations, but finding a viable space to operate. “We wanted to host it in [Graham Center],” said Anthony Suarez, a sophomore business administration major who also works for the Academy of Leaders. “But since everything is so busy, we had to find somewhere else to put it.”

The pantry is now open and operating at DM 166, away from the clutter in GC. The Student Health Services’ main concern was collecting enough donations to fully-stock the pantry in time for its grand opening. With the help of the Academy of Leaders, a club of the Center for Leadership and Service, they made it happen.

Suarez also teamed with Students for Student Affairs at BBC, selected Vasonczay to take charge for this year’s race.

“The idea is that it’s a normal 5K race, it’s just the path is infested with zombies,” he said. “Hopefully, you can make it out of there alive.”

This is the second year in a row that the event will include volunteer zombie actors. Vasconez said this year the training will be taken more seriously.

Last year Vasconez volunteered to be a zombie, but noticed that there was a lack of enthusiasm and a lack of spirit for the event. Christina Reddick, faculty advisor of the FIU Triathlon Club and assistant director for Student Affairs at BBC, selected Vasconez to take charge for this year’s race.

“An activity like this is a way to get students involved and it’s a different kind of training from horror films like “The Walking Dead” and “World War Z.”

“You can expect to have more zombies than runners, which to me adds more to the apocalyptic feel,” he said.

Florida State University running back clear to play

MCT STAFF

Florida State University running back Karlos Williams will be available to play in Thursday’s game against Louisville despite off-field issues he has faced this week.

Coach Jimbo Fisher addressed media Tuesday and made his first public comments on Williams since reports surfaced that the senior was being investigated by the Tallahassee Police Department in relation to two separate incidents.

Fisher said that Williams will play, but declined to comment any further on Williams’ status.

“The school is aware of everything that’s going on,” Fisher said, “but I’m not going to make a statement, so I have no more to comment.” Fisher said.

FSU athletics released a statement Monday that said it was aware of the domestic battery investigation and that Williams’ status with the team is under review while gathering more information. Reporters asked Fisher about Williams’ off-field issues, but he responded, “no comment” four times and repeatedly referred to the aforementioned release from the school.

Williams is being investigated for alleged domestic battery. The alleged battery was reported to Tallahassee police on Saturday, the department announced in a statement Monday.

The alleged victim’s lawyer, Nathan Prince, told the Orlando Sentinel Tuesday that he informed TPD to stop the investigation. The woman, Prince said, will not talk to investigators, has not filed a complaint and did not notify TPD or FSU about any alleged domestic battery incident.

“Pretty much everybody knows the direction it goes at this point,” Prince said. “The police are required to do their due diligence and investigate any domestic violence incident, but in the absence of her cooperation, it will end eventually.”

The woman posted on her Twitter account Tuesday, “Forever sorry to my boys, my brother, and him. No matter what happened it kills me to know I’ve hurt them. Two wrongs don’t make a right.”

The case was still listed as “open” as of late afternoon Tuesday.

Williams is also linked to an armed robbery that took place on June 23.

Williams’ attorney, Tim Jansen, said in a statement to the Orlando Sentinel that he was informed by the state attorney’s office Tuesday morning that it was interested in talking with Williams as a potential witness to the robbery, but Williams “is not a suspect in the armed robbery.”

Tallahassee police listed Williams as an “associate” to Daravius “Gutta” Lawrence in its original report. Lawrence, who is now 18, has been arrested and charged in connection with the robbery of Freehling Shooter Cox. Cox is a 26-year-old FSU senior and ex-Marine who was trying to purchase marijuana at his home near Doak Campbell Stadium when he was held up by two armed men.

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