Seagrasses are disappearing at an alarming rate

**SPOTLIGHT**

**AT THE BAY PAGE 3**

A forum at the Kovens Center in BBC showcased how you can get a part of the economic recovery package by next semester.

**EDITORIAL PAGE 4**

The CLAST examination’s repeal will lessen students with inconvenient circumstances.

**OPINION PAGE 4**

The “go green” movement, though noble, has become overbearing in addition to the Biscayne Bay Campus. The group at the watch party cheered as she received rave reviews from the dance judges when she performed a Bollywood dance number with the five remaining female dancers, and after she made the cut at the top 20 from the competition.

**LIFE PAGE 5**

A college-age-old tradition comes to stage in the new version of Final Fridays.

**SPORTS PAGE 8**

New martial arts inspired exercise program keeps students in shape at the Rec Center.

**UPCOMING EVENTS**

Contemporary Art Boot Camp, July 22.

**SINGAPORE PAGE 6**

A Forum for Free Student Expression at Florida International University

**WEATHER**

**WEDNESDAY**

Scattered showers.

**THURSDAY**

Mostly sunny.

**FRIDAY**

Scattered showers.

**BUDGET CRISIS**

**JOSEPH GARCIA**

Staff Writer

Public educational institutions are facing deep budget cuts, but through an economic stimulus package, University students can expect help from the U.S. government.

The Congressional Black Caucus Foundation Inc. hosted the "Economic Recovery Forum" in the Kovens Conference Center at the Biscayne Bay Campus. The lectures spoke about the American Recovery and Reinvestment Act of 2009, also known as the economic stimulus package.

CBFC is a non-profit, non-partisan public policy, research and educational institute founded in 1976, which aims to improve the socioeconomic situation of African Americans, as well as poor communities around the country.

The event was free and open to University students and the general public. Multiple information session were held, ranging from the green recovery efforts in South Florida, to the impact of the ARRA on the community. Hashim Benford, a sociology and anthropology alumni, spoke at the forum about the economic crisis.

Benford is a community organizer at the Miami Worker Center, which helps working-class people build organizations, and organize campaigns and educational programs. Benford’s latest project is to launch campaigns to encourage people to vote in the coming election.

**SO YOU THINK YOU CAN DANCE**

**ELISE PUG**

Staff Writer

In 2008, Syesha Mercado was a finalist in American Idol. This year, fellow Golden Panther Janette Manrara, 25, is making dance judge Mary Murphy screen as the stage of “So You Think You Can Dance.”

Manrara is competing for the title of “American Greatest female dancer”, a national tour with the top 10 of the show and $250,000.

On July 15, 20 of her close friends and family gathered at Don Shula’s Athletic Club to watch the show at 8 p.m. Karen Axelrodriguez, one of her cousins, said they gather religiously to watch Manrara perform ever since she auditioned for the second time to be on the show.

“Janette is definitely one of the hardest working people I know and the fact that she made it to the green mile last year and got cut at the top 30 only added more fuel for her to better herself and secure her spot in Season Five’s Top 20,” said her brother, Alex Manrara.

Her brother Alex described the emotions he felt when he heard of news that she had been selected at the auditions.

“At around 6:30 p.m., while driving home from work, I received a call from my sister letting me know she was the first person in Vegas to find out she made it into the top 20. It’s hard to describe the mixture of emotions I felt. I immediately stopped my vehicle and started yelling, crying, smiling, a little bit of everything. I was definitely the proudest brother in Miami at that moment, I could tell you that,” he said.

The group at the watch party cheered as she received rave reviews from the dance judges when she performed a Bollywood dance number with the five remaining female dancers, and after she made it to the top 10 of the show.

**STIMULUS, page 3**

**UNIVERSITY-WIDE COUNCIL**

Councill aim to boost alumni membership

**FRANCISCO MARADIAGA**

Staff Writer

Both Student Government Councils came together to create a committee to study the merits of special elections, unveiled plans to make every current FIU student part of the Alumni Association, and among other things, tweaked the constitution at their first University-wide council meeting on July 15.

Anthony Rionda, SGC-Madridge Campus president, motioned for the council to be against special elections after the SGC advises of both campuses recommended to do away with them.

Speaking on behalf of both advisors, SGC-MC advisor Jose Toscano pleaded his case to the UWC to adopt the idea to have students come to be reaffirmed through the senate, Toscano said.

During discussion on the motion, it was brought up that certain consequences may arise from eliminating special elections. One of them might be that students may circumvent the election process for the chance at an easier appointment in the fall, as well as the prospect of having officials in seats that were not voted upon by the entire student body.

SGC-BBC President Sholom Neinstein argued against the notion that the student body would be adversely affected seeing how not enough students run to fill every seat.

“Four people ran when there were 20 senate positions,” said Neinstein referring to past BBC elections. “If there were 20 people running, they would have been elected.”

Rionda then withdrew his motion in favor of creating an election committee to evaluate the election process. It passed unanimously.

Neinstein and Rionda presented the idea of making every current student a basic member of the Alumni Association.

“Everyone would be an automatic member, and get all the discounts and perks,” said Rionda. “But if they wanted
Turtle-hunting ban now in effect

The Florida Fish and Wildlife Conservation Commission passed a strict ban on the commercial harvesting of freshwater turtles. Although it's a protected species in FL, turtle meat is in high demand in Asia which makes freshwater turtles an attractive target for hunters. The ban also prohibits the collection of turtle eggs, however it will exempt local turtle farms, who will be allowed to harvest turtles for breeding.

-- Compiled by Jorge Valens

Jorge Valens

Assistant News Director

The FIU cheerleaders have partnered with MiamiFC, a Miami-based United Soccer League team, as their first sponsor-shop since becoming a University sports club. The cheerleaders will sell tickets to home games both on and off campus and will be able to keep some of the proceeds to fund their program.

“We are still working through some of the process,” said Tommy Knapp, director of Ticket- ing and Hospitality for MiamiFC. “We went on to say that the cheerleaders would be taking 50 percent of the ticket revenues that they raise. Also, as part of the deal, 15 FIU Cheer members will do promotional work for MiamiFC and help cheer at home games beginning on Aug. 1, against the Montreal Impact at FIU Stadium.

Since 2006, the CLAST was chosen by the Board of Governors as chancellor for many other schools recruit in a full year,” said Duane Wiles, executive associate director of the FIU Alumni Association in less than two months.

Rosenberg exceeded its goals.

The challenge set by FIU President-designate Mark Wiles, senior vice president of university operations and chief financial officer of the FIU Alumni Association, to news.fiu.edu.

LOCAL

State University System elects new chancellor

Florida Atlantic University President John Brogan was chosen by the Board of Governors as chancellor for the State University System.

According to The Sam-Sentinel, Brogan’s background ranges from election politics and as he has served both as education commissioner and lieutenant governor. Brogan will serve as FAU president until mid-Sep- tember. The FAU Board of Trustees will meet on July 22 to discuss plans for a national search.

CHRISTOPHER LAZAGA
Staff Writer

After new legislation passed in March this year, the state of Florida has made the decision to discontinue the administration of the College-Level Academic Skills Test. Effective July 1, 2009, Senate Bill 1676 repealed the use of the CLAST to measure academic proficiency in areas identified by the College-Level Academic Skills Project.

Since August of 1984, the CLAST has been administered to all undergraduate students enrolled in state postsecondary institutions in order to ensure they possess the necessary communication and computation skills for higher education.

The state unified the mandates of Sections 1008.29, F.S.

According to Gabriel Medina, a senior history major working the front desk at the Center for Academic Success, administration of the CLAST was discontinued for a familiar reason.

“Fund. [The state of Florida] took away the funding for the office that tracks the scores,” Medina said.

“They didn’t get rid of the office, but they’ve trimmed it down,” said Maria Kulick, the director for the Center for Academic Success.

“What’s been eliminated is the option to test for [CLAS]. The requirement is still in place.”

According to Kulick, methods available to FIU students for satisfy- ing CLAS requirements are limited to course work and satisfactory SAT or ACT scores.

According to FIU’s online administrative guide, scores yielding CLAS exemptions on the SAT are 500 or above for both the verbal and math sections.

For the ACT, scores yielding CLAS exemption are 21 or above on the English and math sections as well as 22 or above in the reading section.

Coursework exemptions at FIU require a 2.5 GPA in ENC 1101 and 1102 (or their equivalents) and a 2.5 GPA in a pair of math courses, of which there are multiple options. The options are available on the FIU Web site.

According to Kulick, there is a possibility that the CLAST will be replaced by another exam, the College Placement Test.

Florida colleges, such as Miami Dade College, are already utilizing the CPT as a CLAST alternative.

“We don’t do [the CPT] at FIU,” Kulick said.

The reason being that FIU belongs to the State University System and Miami Dade College belongs to the Florida College System, both of which are separate entities func- tioning under different protocols.

The Board of Governors, at the head of the SUS, have yet to approve of the use of the CPT as a means of satisfying CLAS requirements.

“The Articulation Coordina- tion Committee (a committee in the Florida Department of Education) is coming together to see how to come up with alternatives,” Kulick said.

Kulick is expecting a directive from the Board of Governors by the fall of the next semester, but it is not a certainty.

Kulick stresses that students must understand that, despite the repeal of the CLAST, the CLAS requirement is still in place. It is of utmost impor- tance that students take the CLAS requirement into consideration and ensure they have fulfilled it before being barred from their majors’ upper division classes.

“Now, more than ever, [students] need to focus on coursework and doing well so they can satisfy this requirement before going into their majors,” Kulick said.

Cheerleaders make first stride as club

CHRIESTOPHER LAZAGA

The FIU cheerleaders have partnered with MiamiFC, a Miami-based United Soccer League team, as their first sponsor- shop since becoming a University sports club. The cheerleaders will sell tickets to home games both on and off campus and will be able to keep some of the proceeds to fund their program.

“We are still working through some of the process,” said Tommy Knapp, director of Ticket- ing and Hospitality for MiamiFC. “We went on to say that the cheerleaders would be taking 50 percent of the ticket revenues that they raise.

Also, as part of the deal, 15 FIU Cheer members will do promotional work for MiamiFC and help cheer at home games beginning on Aug. 1, against the Montreal Impact at FIU Stadium.

MiamiFC was founded in 2006 and is part of the ULS’s first division. As of this year the team splits its home games between FIU Stadium and Lockheart Stadium in Ft. Lauderdale, Fla.

Freshman cheerleader Drita Dokic sees the part- nership as “mutually beneficial.” It’s a great opportu- nity,” Dokic said.

The cheerleaders will be selling tickets throughout South Florida and also Monday through Thursday in the Graham Center for the rest of the month.

Head cheerleading coach Maria George was unavailable for comment at the time this article was written.

The cheerleading program was recently elimi- nated by Athletics due to the department’s budget cuts, totaling $1 million. However, Student Affairs organized a meeting on July 7 to announce plans to convert FIU Cheer into a campus sports club under the funding and support of Recreation Services.

The move would allow the cheerleaders to continue on, however, they would need to work with Student Affairs with regards to funding and organizing a budget and also looking for donors and sponsors. Athletics will continue to allow the cheerleaders to perform at athletic events. The team was also allowed to keep their uniforms and will be given practice space in the U.S. Century Bank Arena when available.

The cheerleaders continue to explore different opportunities for fund raising, which include holding regular car washes.

Information on the newly formed sports club and a schedule of fund- raising events can be found on the cheerleaders’ Face- book group, “Save FIU Cheer.”

The cheerleaders will be making appearances at both home games on July 17 and July 19 against the Portland Timbers.

According to the MiamiFC Web site, tickets for games will cost $12 for adults and $7 for children under seven and students with valid identification.

INFORMATION

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Now, more than ever, [students] need to focus on coursework and doing well so they can satisfy this requirement...

Maria Kulick, director
Centre for Academic Success

CORRECTIONS

In the article titled “SPC hopes to attract more students with Summer Splash” published July 15, it was stated that the Summer Splash will take place July 23. The event will take place Aug. 6 from 7 p.m. to 11 p.m. in the atrium of the Aggie Center. For more information, call 305-919-5280.

The Beacon will gladly change any errors. Call our P.O. office at 305-348-2709 or BBC at 305-919-4722.
Seagrass vanishing at alarming rate
Study co-lead by University professor finds reasons why
MANN FLORES
Contributing Writer

A new study said the alarming rate at which seagrasses are disappearing not only threatens their existence, but also that of many other species. The study, which was published in the Proceedings of the National Academy of Sciences Early Edition on June 29 and was co-authored by University professor James Fourqurean, showed that the world’s seagrasses are disappearing at a rate of about 24 square miles per year since 1980, and humans are one of the main causes.

The comprehensive study looked at findings from more than 200 other studies that documented the loss of seagrasses around the world, the earliest record extending back to 1879. Justin Campbell, an FIU alum working on a Ph.D. in marine science, is studying the impacts of climate change on seagrass communities, which provide homes for aquatic life near the Florida Bay, such as snappers, barracudas, spiny lobsters and manatees.

Seagrasses reduce the effects of beach erosion by slowing down waves before they crash on shore, and by trapping sediments that would otherwise wash out to sea.

"A decline in seagrasses could lead to an increase in beach erosion," Campbell said.

The problems seagrass communities face are chronic, according to Fourqurean. There is an excess of waste being discharged into the water, making it difficult for the seagrasses to survive, he said.

Another major problem facing seagrass communities is boating. As boats pass through shallow waters, its hulls and propellers destroy the communities, which take at least a decade to return to their original states, according to Fourqurean.

"If there was a decline in the seagrasses around FIU, the water would not be as blue or as clear as it is now," Fourqurean said.

Seagrass communities are disappearing at an alarming rate, said William Demison, professor of marine sciences at the University of California. Demison and one of the study’s co-authors, in a press release, globally, we lose a seagrass meadow the size of a soccer field every 30 minutes." Demison said.

Reducing the amount of waste discharge is fertile in the water, said not walking through or boating over seagrasses, can help protect these endangered communities.

"If we make little efforts for clean and clear water are also key to protecting the seagrasses," Fourqurean said.

While it does take seagrass communities a long time to recover after they have been destroyed, there are ways of replacing damaged seagrass with seagrass that has been grown in a laboratory. But this method has been met with difficulties.

"The problem with growing and planting seagrass is an issue of scale," said Campbell, adding that it would be difficult to grow and plant enough seagrass to repair an already damaged ecosystem.

"It is terrible that the seagrasses are disappearing," said Gloria Lynch, a sophomore environmental science major. "More should be done to save them because they preserve our beaches by being one of the first defenses against erosion."

The ARRA will help prevent thousands of expected teacher layoffs by allocating resources for school repairs and improvements, in increasing financial assistance for college students, according to the CBCF Resource Guide for African Americans.

"Tax dollars can be used by the states to supplement these budget shortfalls, so they can direct them to universities like FIU to either create programs or save programs," said Alana C. Hackshaw, senior research and policy analyst for CBCF and project coordinator for the event. "The point of the money coming to the students is to help prevent things such as professors being laid off."

States will be receiving $49.6 billion, according to the CBCF resource guide; 82 percent of dispersed money will go to elementary, secondary, college and early childhood programs from 2009 through 2011.

"President Obama is trying to expand the resources being allocated to the schools," Hackshaw said. "He is trying to increase the amount of money going to college students through Pell Grants."

Under the ARRA, $17.1 billion will be allocated for Pell Grants. In 2009, the maximum Pell Grant award will increase to $5,550 for students. In 2010, the grant will increase to $5,550 for students who either go to school or live in a CBCF district.

FIU is eligible for all of the scholarships, according to Carter. Eligibility is determined by GPA, major and whether any other requirements apply for the specific scholarship.

"That whatever struggle FIU is dealing with that some of the money from the Recovery Act... is a benefit or alleviate that," Hackshaw said. "This is my first time being here, but I think my largest addition will continue to get the resources it needs to support its students."

For additional information about scholarship requirements and how to apply, visit www.cbacf.org.
CLAST repeal indicates financial smarts, but students will suffer

The price of a low score on the SAT just went up.

As of July 1, 2009, Florida’s university system will no longer administer the College Level Academic Skills Test (CLAST). Until recently, students who had scored less than a 500 on the SAT, as well as those who scored below a similar threshold on the ACT could take the test to fulfill Florida’s higher education requirements. Now, thanks to the passage of bill S.1676 by the Florida Legislature, students who score below the minimum requirements on either test will be forced to take two additional classes.

Given the current state of Florida’s university system, it is easy to understand the logic behind such a move. Requiring students to take the CLAST, which cost $80, would have brought substantially less revenue into the university system than requiring them to take two additional classes.

A university like FIU stands to bring in hundreds more per student under the new rules. Throw in the windfall earned from the increase in textbook sales, and FIU and the rest of Florida's public universities stand to reap substantial financial benefits. Yet this added revenue comes at a price. Current students who were accepted to the University and other state universities expecting to be able to take the CLAST and had planned their schedules accordingly are now being asked to take two additional classes. Those who had put off taking the CLAST and are close to graduation now find themselves six credits further from a diploma.

This increased financial burden is far from beneficial for these students. FIU, and Florida’s other public institutions, accepted these students under pretense that they would only have to spend $80 to make up for their low scores. Now they are being forced to spend ten times as much money, and far more time than the five hours it would take to complete the CLAST.

While the changes certainly make financial sense for Florida’s underfunded university system, their sudden and rigid implementation is unfair to students already admitted to their colleges.

There is nothing wrong with applying these requirements to all students who have yet to be admitted to the University or other institutions. The state has a right and a responsibility to impose high standards on students attending public universities. However, some students no doubt stand to learn much more from taking an entire class rather than cramming for a five-hour test.

Current students, however, deserve the option of taking the CLAST or a similar test. Asking them to take on the added expense of two classes does more than hurt their financially—it betrays their trust. Students who were accepted and told they would only have to take an additional test should be held to the standards under which they agreed to attend the University.

Florida universities shouldn’t get students to attend their institutions under one set of requirements and then impose another. The Beacon believes that the repeal of the CLAST is justified and financially savvy in the long term, but students who were admitted expecting to be able to take the CLAST exam should not be forced to take additional classes instead.

There is reason behind Honduras’ one-term policy

Douglas Rivero
Special to The Beacon

This article is in response to Matthew Ruckman’s piece, which was published on July 8. For the full version of this article, visit fi usm.com.

Many support the June 28 coup undertaken by the Honduran military against President Zelaya in Honduras. Matthew Ruckman’s July 15 article cites Zelaya’s attempt to alter the Honduran constitution and his desire to form a closer bond with Venezuelan President Hugo Chavez as legitimate reasons for removing President Zelaya from power. Ruckman’s article however, just as FIU Professor Eduards Gamarra in a recent FIU panel of “experts,” fails to truly understand the events that led to this coup in the first place. Their biased analyses, fueled by a strong hatred for anything linking at communism, ignores the behavior of the Honduran oligarchy and the U.S. in fueling Zelaya’s push for greater social and economic justice in Honduras.

In 1962, the Honduran oligarchy, together with the United States, undertook an extremely limited and biased constitution in Honduras during the height of Ronald Reagan’s genocidal war against the indigenous people of Latin America. The constitution was intended to protect the power of the upper classes in Honduras. The overall goal was to crystallize the economic and political power of the rich and their self-serving economic trade agreements with the U.S. It even calls for a one-term presidency. Now does anyone even question the logic of having an executive possibly elected for just one term? Why? The oligarchy in Honduras did not want to have their people elect their own FDR who would push the drastic, necessary changes for the country in order to improve the most impoverished nation in Central America. It gives them time to remove a “ populist” should one come to power.

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REEFER MADNESS
A cult classic hits the University stage

DAVID BARRIOS
Staff Writer

The shuffling feet of actors, the smell of cheap incense and the sounds of singing emerge from DM 150 as members of the theater program prepare for the looming production of Reefer Madness, their new musical production.

On this Friday night, less than a week before the preview performance on July 22, the cast is doing a complete run-through of the musical without costumes.

Based on the 1936 anti-marihuana cult classic film of the same name, this is the first time the musical will be performed in the Miami-Dade area.

At this rehearsal the cast runs through the song, “Listen to Jesus, Jimmy,” in which Jesus Christ performs a song and dance number to warn the play’s protagonist, Jimmy Harper, that his pot-smoking habit will lead him to eternal damnation.

“I floated down from heaven when I heard a lamb had strayed. Look at you, Jim, your brain has turned to marma-lade,” sings Christ (played by Fernando Lamberthy) accompanied by a full chorus line.

At this point it is evident that this is not your typical musical. Certainly, no other musical can promise you sex, marijuana, satire and cannibalism all under the same roof. Not even Sweezy Todd.

“We’re going to be doing some pretty risky things up there,” said Joshua Dobarganes who plays Jimmy Harper, not wanting to go into details.

“This is a period piece based in 1936. Jimmy is a 16-year-old, all-American, goody-goody boy. Naïve and very willing to grow up and do wonderful, wholesome things. The typical cookie cutter American boy,” Dobarganes said.

Sadly, Harper is lured into the seedy drug world after being offered “dancing” lessons by the local drug lord, Jack Stone (played by Jose Urbano). Harper takes the offer, hoping to be able to dance with his best girl, Mary Jane (Andrea Bovino). Of course, after taking one puff of a joint, he becomes a “reefer fiend.”

The musical then traces Harper’s downfall into a realm of hellish madness, reminiscent of Faust or Dante’s Inferno, and shows the destruction the demon weed inevitably inflicts, not only on Harper himself but on those who surround him.

Reefer Madness is based on the 1936 film of the same title, released as anti-pot propaganda during its time; it soon faded into obscurity before being revived in the early 1970s, when pro-pot groups discovered the film and mocked its over-the-top depiction of marijuana addiction, terrible screenplay and mediocre production values and acting.

The musical was later written by lyricist Kevin Murphy and composer Dan Studney in 1998. It was then released in Los Angeles, produced off-Broadway in 2001 and, finally, adapted to film by the Showtime network in 2005.

Despite the original film’s intention, its camp value has made it a staple of cult-cinema, and the musical it inspired serves as a satirical statement on society, authority and ignorance.

“It’s about how people in power can use fear to manipulate and intimidate the public,” said Marina Pareja, director of this production.

“The show conveys the idea that authority and power can be dangerously abused, and it asks audiences to be aware of propaganda messages,” Pareja said.

The show is being produced by the Alternative Theater Summer Festival, consisting of actors, directors and designers from the theater department looking to gain experience and continue performing during the summer.

The ATSF, however, is financially independent from the theater department and has been operating since 2006.

“We try to show students how to build shows with very little resources,” Pareja said.

Despite the low budget, Reefer Madness promises great entertainment, biting satire and a singing and dancing Jesus Christ.

The show’s preview performance will be held tonight, July 22, in DM 150 and will then run from July 23 – Aug. 9, Thursdays through Saturdays at 8 p.m. Sunday performances will also be held at 5 p.m. Tickets for the shows will cost $10 while the preview performance price is $5.
Manrara gives playful nod to family joke

DANCE, page 1

a hip hop duet with Ade Obayomi. Her tight-knit group of cousins and friends always wait for a signature gesture. “If you ever see her roll her hands around, kind of like a tumbling gesture, that’s for her family. It’s an inside joke,” said her brother.

Cousin Leo Ponton, along with girlfriend Julie Vanegas, wore shirts that read “Team Manrara.”

“She is amazing as a dancer, always the one focused and setting the example for the class,” added Lastra on Manrara’s dedication to dancing.

“I loved watching how much fun my parents and family would have dancing at parties,” she said in a statement to FIU. “Dancing and music always made their worries and problems go away for a while and allowed them to just have a great time.

Before becoming part of the show’s top 20, Manrara worked at a bank. When asked by the show what she would do if she were not a dancer, she said that she would be a loan processor, but her passion for dancing and music always made acting and dancing. “I would love to support myself and make a living through dancing or acting and never have to return to the corporate world,” she told FOX.

“I think the biggest impact for me was attending the first week’s live taping and hearing Cat Deeley announce ‘Janette’ and seeing her shake and shimmy her way to the center of the stage,” said her brother.

There will be a watch party today, July 22, at 8 p.m at FIU’s Graham Center Pit. On that show, the top eight will compete to stay in the top six.

She is an amazing dancer, always the one focused and setting the example for the class.

Bianca Lastra, dancer

DanceTown

For most college students, the thrill of commanding an audience as part of a rock band never comes closer than playing Guitar Hero. For a pair of FIU students, members of the band Baker Acted, that dream is becoming a reality thanks to a fateful encounter in a Little Haiti parking lot.

The band first came together only a few months ago and the members had casually known each other from going to live shows all of the time.

“One night, we were in the parking lot of Churchill’s Pub in Miami, and I had mentioned to ‘Baker’ (real name Raul Hernandez) that I wanted to start a punk band,” said lead singer Ashley MacLaren.

“Then [future band member] Raul said, ‘Baker plays drums,’ then Baker said, ‘Raul plays bass,’ so we decided to start rehearsing and give it a go for the next show.”

Baker Acted consists of five members.

The singer is Ashley MacLaren, Jorge “Spaz” Sola, Raul Hernandez, Ranses “Baker” Fundeora, Ashley MacLaren and Danny Escobar.

MacLaren and Sola are both students at FIU and work hard to balance both school and their musical aspirations.

MacLaren, a senior at FIU, is studying political science and may minor in environmental studies. Sola is a senior and is receiving his bachelor’s degree in environmental studies.

“At times it can be tough to juggle everything, but I need both in my life. I try to balance them out but they can get in each other’s way,” Sola said.

Baker Acted has performed in venues all over South Florida and is quickly becoming something of a staple in the punk music scene.

Places where they have performed include clubs and bars such as The Firefly, Goo, H.O.M.E. and The Yard.

Although their musical influences range collectively from other bands such as The Dead Kennedys’, Blatz, Choking Victim, The Dresden Dolls and Subhumans, they try to fuse several different styles together to form their own sound, which they describe as “eclectic” and “in your face.”

While balancing the responsibilities of band member and student can be difficult, lead singer Ashley MacLaren has developed a system to deal with both, and she offers advice for aspiring rock singers at FIU.

“Set aside specific days or times during the week that are for making music. Setting a reward and goal is good too. Tell yourself you can focus all of your attention on your music once you finish your homework for the next few days or something along those lines. It tends to push me harder to get my work done.”

While the promise of working on her music can be a powerful motivation to finish homework and other academic responsibilities, MacLaren says that her academic life influences her music as well.

“I would say that the things that I learned in school have influenced my lyrics, which range from talking about politics, human rights and so forth. “At the same time I am going to live my life to the fullest. I figured out a while ago that there is way more to life than just going to school, getting a career, raising a family and dying.”

Baker Acted is booking more shows for the rest of July and throughout the summer, which are being announced regularly on www.myspace.com/bakeracted305.

Their next confirmed show is taking place at 8 p.m. on Aug. 28, at Goo, located at 150 N.W. 54th St. Miami, Florida 33137.
Non-stop aerobics engage students twice a week

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fight opponents in everyday settings. “We do martial arts movements but it’s not a self-defense class,” he said. “It’s not a true martial arts class, but we mimic martial arts movements.”

He said that the participants should expect to be challenged by the workout program but not overshadowed. “People who come into the BodyCombat class for the first time often feel very achieved for their first session,” Ryan explained. “It’s very intense class, but it’s not overwhelming even to the beginner because the BodyCombat instructors are trained to help participants to choose an intensity that is appropriate to their level of fitness.”

With obesity increasing rapidly across the United States, aerobic exercises could help control the spread of chronic diseases such as cardiovascular disease, certain types of cancers and type 2 diabetes. Adults in Florida have a 24.4 percent obesity rate, according to a 2008 report by the Centers for Disease Control and Prevention.

Edie used another statistic to demonstrate the importance of a demanding physical class like BodyCombat. “Less than 65 percent of the adult United States population does any type of continuous physical activity, and this is a great opportunity for FIU students not only to burn calories, but to be taught by tremendous instructors.”

Edie believes the class he helps teach can also bring people closer to three health-oriented goals: “Manage weight, get in shape, live a healthy, long life.”

“More intense than any kick, jump or punch is the determination to not give up, because we do not stop throughout the class,” Edie said.

Student: Heat should develop young players

HEAT, page 8

Shaquille O’Neal. It’s not known if the addition of Odom will satisfy Wade’s request of a roster change, but the 27-year-old guard wants Odom to come home.

“I want Lamar to do what’s best for him and his family because we love him as family, but on the other hand, we want him back home, to come home,” Wade said Friday in a telephone interview with the Associated Press. “His house is still there. It’d be exciting to see what happens.”

Aside from Odom’s offer, the Heat have also been rumored to be in talks with the Utah Jazz to bring veteran forward Carlos Boozer to Miami. The Sun-Sentinel reported the Heat “has not entered talks … but is monitoring” the situation.

But one University student thinks the Heat should not make any moves this season and instead wait for the coveted class of 2010.

“Stick it out another season. In 2010, there will be more free agents. Develop Chalmers and Beasley, then try to get Chris Bosh, Amar’e Stoudemire, Josh Smith or even LeBraun James,” said Robert Fenton, a senior criminal justice major. “Boozer won’t solve the Heat’s problems of defense in the paint. I don’t think Riley will make a move, period.” But Bell thinks Boozer would be a good addition for the Heat.

“I think Boozer would help. It’d put two big men on the roster for the playoffs,” he said.

If Wade opts out of his current contract next year, he could seek a contract through 2015-2016, one that could be worth up to $45 million more. The Associated Press’ Tim Reynolds contributed to this report.
SPORTS

ATHLETICS SHOULD RELEASE PLAYER IF HE WISHES TO LEAVE

Freddy Asprilla gave Golden Panthers fans plenty of reasons to head to the U.S. Century Bank Arena for men's basketball games last season. But the 6-foot-10 center listed at 280 pounds, is a Gold Star defender stop him last season. The Golden Panthers' star big man, who has requested a release from his scholarship, has failed to earn a winning season this decade. He is the team's best player, and he is just a sophomore. That's enough reason for Athletic Director Pete Garcia to hold onto Asprilla.

A SIMPLE REQUEST
Athletes are granted releases from their athletic scholarships relatively often in college sports. In most cases, a student athlete leaves an institution when he becomes aware that he will not play much, or he leaves a lesser known program in search of a bigger spotlight.

Some student athletes request an exit when they see the coach that recruited them take another job or get fired.

When former Golden Panthers coach Sergio Rouco was reassigned within Athletics in April, point guard Josue Soto left to play professional basketball overseas.

It was a direct result of Rouco's demotion. The school did not grant Asprilla the release, and he reportedly missed the deadline to appeal.

As of publication, Athletics has no update on this situation.

The school did not grant Asprilla the release, and he reportedly missed the deadline to appeal. Asprilla should be let go if he desires.

It can only get worse for both parties, and ultimately Asprilla should be let go if he desires.

STRIKE A POSE: Phillip Edie demonstrates one of the many martial arts movements students learn in the BodyCombat class.

CLASS PAIRS STUDENTS WITH INVISIBLE OPPONENTS

Luis Estrada
Staff Writer

Students test their endurance by throwing punches, performing side-kicks, knee strikes and other martial arts movements for roughly an hour without stopping.

However, these students are not fighters.

They are participants of a free workout class, BodyCombat, offered at the Rec Center twice a week on Monday mornings and Wednesday evenings.

BodyCombat students do not deal with a person or a punching bag, but rather an invisible opponent which they have to attack with high-intensity martial arts moves.

“Our motivation is to try to get [the students] to visualize an opponent, or more than that, take prior episodes in their life that have caused them stress or harm and stomp them out using our techniques,” said Phillip Edie, a fitness instructor at the Rec Center.

Junior Bianca Cagial has been attending the classes for several weeks, and she feels attacking an invisible opponent is a good light simulation for students who may not have prior experience in mixed martial arts.

“I’m more of a dancer, but this is a great way to get your cardio done without having to use a step machine,” she said.

“It’s very engaging and energetic.” Another benefit of the class is having instructors who guide the students throughout the workout.

“I don’t always do the punches correctly, but there’s always someone there to correct you. You learn a lot and it’s a lot of fun,” Cagial said.

The 75-minute class consists of 10 segments, varying from strength training to endurance and conditioning. The intensity of each segment is based on the speed of the music track. To start the class, students warm up by learning the moves that will be incorporated in the other tracks. By the fifth track, the energy level reaches its peak, then the next track slows down the pace. The final track gives students a chance to stretch and cool down.

Edwin Ryan has been managing fitness classes at the Rec Center for more than five years and is the main instructor of the Wednesday evening class. Ryan clarified that BodyCombat is not a class that will equip students with the skills to participate in a real fight.

MIAMI HEAT

Free agents have decisions to make

Jonathan Davila
Staff Writer

After a 42-win turnaround season in 2008-2009, the Miami Heat are worried about losing again – but this time, it’s the team’s franchise player.

NBA scoring champion and Heat guard Dwyane Wade can become an unrestricted free agent after the 2009-2010 season if he does not accept an extension to keep him in a Heat uniform until 2014, a move the 2006 Finals MVP has said he’s in “no rush” to commit to.

He wants Heat President Pat Riley to turn the Heat back into a champion contender before he commits to an extension.

“He works hard, and he deserves to get the best offer,” said Antwione Bell, a freshman business management major and safety for the Golden Panthers football team.

But Riley, who expressed his intentions to re-sign Wade in a text message to him at 12:01 a.m. on July 12, the day the Heat could formally offer the All-Star guard an extension, has said the team can’t make any moves unless they know their star player is in it for the long run.

“THERE CAN’T BE ANY major franchise changes made without his commitment,” said Riley at a press conference on June 18.

But that hasn’t stopped the Heat from offering a five-year package worth around $35 million to forward Lamar Odom, who played with Wade on the 2003-2004 Heat before being traded for...