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Florida International University

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NATALIE ALARISTE
Staff Writer

Dozens of students struggled to stay afloat while crossing the Green Library lake as spectators cheered them on during the 25th annual Walk on Water event on Thursday, Oct. 30. A horn went off to mark the start, and families, friends and local news stations looked on with wonder and awe from the sidewalks as architecture students competed for a grade — and some cash, too.

Students from the “Materials and Methods of Construction” class had to create flotation devices to support their weight over water. The contraptions all look like large shoes, and most had poles to help them keep their balance, making it look like an elliptical machine.

Some flopped within the first minute of being in the water, but most were successful at staying afloat as they waddled across the lake to the finish line. The winners were sophomore architecture students Meissel Herrera and Sarah Ganewinier, earning an “A” as a test grade and a $500 grand prize. Herrera’s younger brother, Anibal Herrera, walked in the aluminum-based contraption on their behalf. It was designed specifically for him. The entire Herrera family, including both parents, waited for him at the finish line.

He made it across in one minute and 41 seconds.

The three girls, Natalie Restrepo, Gina Rojas-Skinner and Daniela Ruggero, all sophomores majoring in architecture, gained much recognition for their three-person apparatus. The crowd rooted and chanted for the “Conga Girls,” as they were nicknamed for their movement toward the finish line, dancing to the end.

Their device was wood-based. Restrepo says they looked to nature for design inspiration. They had built-in scales on the sides, made of a tough plastic and flaps resembling a dolphin’s tail on the back. “Crossing the finish line felt great. I was so tired, so finishing was almost surreal,” said Restrepo.

Professor Jaime Canaves, who created this class project, said he started out on the lake in his own backyard. The class project for sophomore architecture students has become a student tradition, and many enjoy taking time out of their day to see the race.

Brittany Tyler, a senior majoring in communications art, was among the students viewing from the sidelines. “My professor brought our class to watch the races. We thought it would be a fun activity to witness.”

Denise Bujialli, another sophomore from the architecture class who placed fifth in the competition, and said it was really exciting. “I just hope I get to keep some of the money.” The team had about eight or nine practice trials before the event. They would practice for 30 minutes to an hour in different bodies of water, including lakes, beaches and marinas.

Students could work on the project alone or team up into twos and threes. In a pair, only one person could race. In a team of three, however, all had to get on the water. Only one team of three raced in this year’s event.

The three girls, Natalie Restrepo, Gina Rojas-Skinner and Daniela Ruggero, all

CLARA-MERETAN KIAH
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A 20-year-old FIU student made his way to the 2015 ballot for a commissioner seat in Miami-Dade County. Antonio Diaz, a junior majoring in public administration, started campaigning for commissioner of District 4 early this year with the goal of increasing representation of both young people and the elderly in Miami.

A commissioner’s duty is to oversee zoning, planning, housing, businesses and event coordination in Miami. Diaz’s motivation to run for office is the lack of representation of what he feels are the neglected demographics, including his own. He said he feels that the government in Miami does not pay enough attention to the needs of young people and the elderly, and he has several plans in mind to ensure that their needs are met.

“I noticed that in the city of Miami, we have a very high population of young people, said Diaz, “but we have no representation by young people.”

Diaz believes that Miami officials sometimes make decisions that disregard the younger residents. For example, said Diaz, the possibility that officials might cancel the Ultra Music Festival does not have the best interests of Miami youth at heart.

He also thinks there isn’t enough support available for young people to get affordable housing and for college graduates to start up their own businesses.

“Eventually, you end up with people who are just so frustrated with Miami that they want to move out,” Diaz said.

He also said he feels like politicians in Miami take advantage of the elderly. “[Politicians] will use them for their absentee ballots,” said Diaz. “They throw a party, and sing and dance with them for one day, take all their votes and then disappear for the next four years.”

Diaz said he wants to help the elderly by creating better public services for them, including a mobile forum that will travel to nursing homes and recreation centers so they can give their input directly.

Other plans Diaz has in mind include improving public parks and controlling gang activity throughout District 4 to make it a safer place for kids and teenagers.

There is little room left for new construction projects in the city, Diaz said, so he wants to help the small businesses that already exist to compete in local economy. Every Sunday, from 9 a.m. to 10:30 a.m., Diaz meets with voters at Sergio’s, a restaurant on the corner of 32nd Avenue and Coral Way.

Voters who want to get to know Diaz, or even bring up complaints, can sit down with him to talk over breakfast at the restaurant.

Most of Diaz’s opponents will not announce their campaign until three months before the election, but Diaz said he wants to get out into the community and prove to voters that he cares about their input.

Possible opponents include Ralph Rosado, an FIU graduate, and Manuel Reyes, who runs for commissioner every election.

Diaz said what sets him apart from his opponents is his youth. It connects him to the younger population he is advocating for.

Should he win, Diaz believes he can represent Miami best because he doesn’t have loyalties to anyone, which often creates havoc in Miami politics. His only loyalty is to the people of District Four. Being new to politics means he has nothing to lose.

If he loses, Diaz said he still has his whole life ahead of him to build his career. The campaign trail has been a balancing act for Diaz, who also attends school full-time, as well as running his own public relations firm, Lead Public Relations.

“I run political campaigns for a living, and I like doing just that,” said Diaz about his decision to run for office. He said his family has been a major source of support in the last year while he was getting the campaign underway.

The biggest thing Diaz needs in the next year before elections is community involvement in the campaign, and students interested in learning about local politics are welcome to join in on canvassing and other campaign activities.

“There are many jobs involved in a campaign, and the best way to learn is to get involved,” said Diaz. “The two-month campaign trail is like taking nine credits at FIU.”

Student to run for County Commission seat

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NATIONAL & WORLD BRIEFS

Obama administration rules target for-profit colleges

The Obama administration on Thursday will publish new regulations intended to target for-profit college careers that leave students with debts they cannot repay. The U.S. Department of Education rules will sanction institutions that carry too much debt compared with their earnings after graduation. Programs that fail to meet debt-to-earnings requirements for two out of three consecutive years would lose eligibility for federal student loans and grants, the primary revenue stream at for-profit colleges. The for-profit college industry, includes schools such as the University of Phoenix, ITT Technical Institute and Everest College, owned by Corinthian Colleges Inc., based in Orange County, Calif. Corinthian has been in the crosshairs of more than a dozen state and federal regulators for more than a year amid allegations that the company falsified student job placement rates and steered students into high-interest loans. The Santa Ana, Calif.-based company announced in July that it would shut down the vast majority of its campuses, after the Department of Education restricted access to federal student loans and grants.

Police: Ex-boyfriend sent nude photos of teacher to students

An angry ex-boyfriend allegedly hacked into a high school teacher’s work email account to send nude photos of the educator to more than 200 students and staff, Pasadena, Calif., police said Thursday.

David Galvan, 29, was arrested on suspicion of unlawfully accessing John Muir High School science teacher Richard Rosa’s school email account and sending it to students on July 10 while the teacher was out of the country. The email, with the subject line “Enjoy,” contained four nude photos of Rosa. The motivation for Galvan was anger about their relationship ending, according to police Lt. Terysa Rojas. The photographs prompted a police investigation and Pasadena Unified School District officials to issue an apology to the email’s recipients. A student also started an online petition to save Rosa’s job, even though district officials said he was not in danger of being fired. An arrest warrant for Galvan was issued July 28 on five charges, including identity theft, sending obscene message and impersonating Rosa, police said. Galvan allegedly tried to avoid arrest by fleeing to another state, but U.S. Marshals officials were able to track him down to Hillsboro, Ore. on Oct. 1. After waiving extradition, Galvan was transported Wednesday to Pasadena city jail, Rojas said. He was expected to appear in court Friday and is scheduled to appear in court Nov. 21.

Alpha Kappa Psi sends children to school by collecting old shoes

While Vanessa Chaparro, a senior majoring in finance and accounting, was busy mapping out her collegiate journey, she learned about Rotary Club through an advisor of an organization she was involved with in high school.

“Rotary club is a non-profit international civic organization with about 1.2 million members all over the world,” explained Rotary Club of Miami Dadeland-Pinecrest President Howard Horowitz. Horowitz, a Miami native, has been involved with Rotary Club for four years and, as president, plans to localize his club’s efforts by awarding high school students scholarships and implementing programs that promote the importance of education.

“Members of this club are CEOs of companies, professors, very knowledgeable individuals who do good things for the community,” confirmed Chaparro.

After Rotary Club awarded her a $4,000 per year scholarship for college, Chaparro maintained communication with Horowitz, remaining updated on current projects and events.

At one of Rotary’s annual meetings, the topic of discussion was a multifaceted shoe drive designed to fund a mentoring program that President Horowitz has been working with Alberto Cardvallo, the superintendent of Miami-Dade County public schools, to implement in two high-risk elementary schools.

This two-part mentoring program encourages success-oriented thinking by providing elementary students with success coaches trained to provide support and motivation and by providing tutors that offer academic assistance.

“We don’t like asking for money. Let us do the work,” Howard Horowitz, President Rotary Club of Miami Dadeland-Pinecrest

We have so many students so it wouldn’t be difficult at all,” said Chaparro.

Frances Medelendez, a junior majoring in international business as well as a member of the Student Government vice president of the University’s Alpha Kappa Psi chapter, took interest in Rotary’s shoe drive and signed the fraternities up.

“We are very lucky to have things that we have: an education, clothes, shoes... and sometimes we undervalue that,” said Medelendez.

Alpha Kappa Psi set up boxes located in the College of Business lobby on the Modesto A. Maidique Campus and at the Office of Campus Life located in Wolfe University Center, Room 141; on the Biscayne Bay Campus for students to drop off their old shoes.

“We’ve had boxes and boxes of shoes. I would say about 300 or more,” noted Chaparro.

Chaparro said the group is eager to spread the word about the drive because it is beneficial to many students in the next month or so. Alpha Kappa Psi encourages all students to do their part by donating an old pair of shoes to the drive.
Midterm motivation for a quarter-life crisis

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Considering how long an average lifespan is, people are generally faced with making what is a life-determining decision pretty early on.

Before having the chance to move out and embrace what life really is, we must decide what we want to be. As if graduation and applying to college is not stressful enough, we pressure ourselves into declaring a life plan and a career.

The final decision is usually a product of ‘What will make me financially stable, what do my parents want me to do and what will actually make me happy?’

The pathway that is chosen is seldom the answer to “What will actually make me happy?”

Facing reality, students will feel naïve picking the life path that makes them happy because society has shown that it is either illogical, unreasonable or that it does not pay enough.

Cue the quarter-life crisis: a time towards the end of your college years when you realize all the stress, money, time and effort you have put into a major is for something that makes you tired and annoyed and, frankly, something you do not enjoy.

If you do not love it during the “best four years of your life,” then how can you expect to like it once you join the workforce?

Speaking from personal experience, as I endure the fourth and final year of my undergraduate education, this quarter-life crisis is real.

I am no motivational speaker or an all-knowing college student. I am simply someone who has learned to turn the distressing moments in her life into an opportunity to find what I want to do, where I want to be and who I want to become. The only advice I can offer at this point is what I have learned in my short 21 years of life: make sure you are pursuing what makes you happy before you wake up one day to a mid-life crisis and realize you are not where you want to be.

Do not allow the implications of society to lead you to believe you are pressed for time to accomplish what you want. After all, graduating in four years is the new four years.

In my humble opinion, no one simply wakes up and knows what they want to do; no one listens to one motivational speech and suddenly has a moment of enlightenment. It takes enduring life moments we wish we did not have to live through and embracing the people we become.

Happiness cannot be measured nor can the causes be scientifically proven, we are generally not likely to buy into someone else’s advice to achieve it.

That does not mean, though, that we cannot work towards finding said happiness in aspects of both life and work.

We must realize how much power we have at this young age; there are so many opportunities when you is young and in college. What we find to be difficult and stressful right now will likely not be the true troubles we face later on in life.

All we can do, as I have noticed, is to keep striding forward and working toward what we want out of life—because you only get one.

To pay or not to pay – that is the question

AMID BENNAIM
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Many sport fans across America are divided in their opinion on whether or not college athletes should be paid for playing in the National College Athletics Association.

As it stands, college athletes are considered amateur players and are not entitled to any of the revenue that they help create for various organizations. This revenue includes the $6 billion that the NCAA alone makes through various television, video game and merchandising contracts.

CBS and the Turner Broadcasting company alone make $1 billion in profits during “March Madness.” This is partially due to the fact that every 30-second ad slot in the Final Four costs $780,000, and there are more than enough corporations willing to dish out the cash.

In reality, college athletes are already being paid and the system is not only efficient, but paid, and the system is not only efficient, but it is fair.

In college, athletes risk suffering career-ending injuries every time they step on a field or court. Not only do some athletes feel like they are working for free, but more than one talented young student lost the opportunity to become a professional star during their NCAA career due to an injury.

So how can we justify the continuation of a system that is akin to indentured servitude?

In reality, college athletes are already being paid, and the system is not only efficient, but it is fair.

For starters, American universities are renowned for having some of the best scouting networks in all of sports. Many promising young athletes owe a great deal to scouts. Not only do these scouts find athletes that might once have been overlooked, but also many athletes who might not have been good enough to get picked up by a professional team.

When I was in high school my guidance counselor told us that, on average, college graduates make $1 million more during their lifetimes than those who only finished high school.

Many of us went to high school with people who came from bad homes and had few prospects aside from sports. These people are picked up by scouts and earn a degree for free, even if they don’t make it to the professional level.

The fact is that the vast majority of college athletes don’t become professional athletes. To be exact, baseball is the sport in which most college athletes become professional, at around 2 percent. The other 98 percent still go to college for free and better their life through academics.

The NCAA has developed a system in which the wealth of the 2 percent gets spread around to the rest of the athletes and invested into their education. Sure, they make money along the way, but that’s the American way.

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‘The Replacement Killers:’
Dated, but enjoyable film

Released in 1998, starring Chow Yun-Fat and Mira Sorvino, “The Replacement Killers” is a better-than-it-has-any-right-to-be action film that takes many cues from Hong Kong action films (no doubt, thanks to its Hong Kong-born action star). The film was also one of director Antoine Fuqua’s (“Training Day,” “Shooter,” “Olympus Has Fallen”) first films.

The film begins with a title sequence that oozes late ‘90s with electronic-dance music setting the scene at a downtown L.A. club as we follow protagonist John Lee (Chow), who has arrived to pull off a hit. No doubt alluding to his notorious role as a guy who shoots people, Chow plays a hitman who, after refusing to do a final hit crossing his moral bounds, is chased by his employer to finish him and the job.

For all the things this film does right, the one real problem I found was that the film itself was not very exciting. Sure, there are gunfights, and to the film’s credit there’s absolutely no filler. The problem lies in its script...

Fight scenes aren’t hard to follow and there are many sweeping shots, especially over cityscapes, that are absolutely fantastic. Most scenery and locale shots are well-done and, as mentioned, so are the action scenes.

The performances by the actors are good, too, though nothing I would yell praise at. Chow Yun-Fat, as always, is great, like Mira Sorvino, an actress hugely famous in the ‘90s. While the film is blatantly dated – from the way it looks to the things people use (like Meg’s $3000 computer) – this doesn’t detract from the film. Like a ’70s police thriller, you just know it’s the style of an era.

The one real problem I have with this film, is that it’s not very exciting. Sure, there are gunfights, and to the film’s credit there’s absolutely no filler. The problem lies in its script, which felt like nothing special, at least, if not for the direction, which brings about excellent visuals and style.

“The Replacement Killers” is nothing great, but by no means anything bad. For an action film, it satisfies in its rather unique style, characters, and soundtrack. It’s held back by an unimpressive script with a story basic enough to keep the film moving, but is enjoyable and different enough to recommend.

RAFAEL ABREU

CLAUDIO ZELAYA
Staff Writer
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On Tuesday, Oct. 14, FIU Student Media was able to sit down with Taylor Lumley, guitarist of Beartooth. Beartooth, from Columbus, Ohio, comes hot off the heels of singer Caleb Shomo’s previous band, Attack Attack!. With a revitalized thirst to take over the world, Beartooth has set out on their first American headliner in support of their first album, “Disgusting”. Nice enough to talk about the new album and his religious views before Beartooth’s set, Lumley lets us take a look inside.

Q: How has it been, being on your first headliner?

Taylor: It’s a really cool tour. It’s a fantastic atmosphere. Everyone gets along, everyone likes to have a wild show! We’re all on the same page.

Q: Why did you guys release a song from your album every other day on different sites until the actual release?

Taylor: Our thing was that, if someone is going to buy it, they’re going to buy it if they hear all the songs or not. We just wanted people to be able to hear our music. It’s the same thing when we take tours. To play in front of new people. We streamed the album like a week before it came out just so people knew what they were getting into. We didn’t want to take the money from their wallets to buy it and be disappointed.

Q: You have a song on it titled “Beaten In Lips.” Was the intention to make it an anthem for the band?

Taylor: Not really. We just wanted to make something that we felt. It was listening to a lot of Billy Talent. You can see a lot of it in there. It just reflects a lot of what we were listening to at the time.

Q: What was the song “One in a Million” just in case of an encore?

Taylor: We sent our label where they asked us to put one more song on the album every other day on different sites until the actual release? We kind of just write as we go, as we follow protagonist John Lee (Chow), who has arrived to pull off a hit. No doubt alluding to his notoriety as a guy who shoots people, Chow plays a hitman who, after refusing to do a final hit crossing his moral bounds, is chased by his employer to finish him and the job.

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Q: What was the song “One in a Million” just in case of an encore?

Taylor: We sent our label some ideas on what to do if we needed an encore. We wanted to make sure we had something to keep listeners engaged for the entire show.

Q: Who is your favorite headliner?

Taylor: It’s hard to say. Each headliner has their own unique style and atmosphere. Some are more energizing, while others are more intimate. It really depends on the crowd and the venue.

Q: What is your favorite song on the album?

Taylor: That’s a tough one. Every song has its own special meaning and vibe. But I personally love “Disgusting” because of its raw and intense energy.

Q: What is your favorite moment from the tour so far?

Taylor: There have been so many memorable moments! My favorite would be the night we played our first headliner in the UK. The crowd was incredible and the energy was through the roof.

Q: What is your favorite thing about being a musician?

Taylor: There are so many! But I think my favorite thing is the sense of community. As a musician, you get to connect with people on a personal level and create lasting memories. It’s truly a beautiful art form.

Q: What is your biggest challenge as a musician?

Taylor: I think the biggest challenge is maintaining a balance between artistry and commercial success. As an artist, you want to create music that connects with people on a deep level. But at the same time, you need to consider what will resonate with a wider audience.

Q: What advice would you give to aspiring musicians?

Taylor: I would say to stay true to yourself and your art. Don’t let外界压力 affect your creations. If you believe in what you’re doing, the rest will fall into place.

Q: What is your advice for someone who wants to become a musician?

Taylor: Start by learning an instrument and finding your voice. Then, practice, practice, practice! Attend open mic nights and showcase your skills. Build a following and let your music do the talking.

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Artist on "Disgusting" release and religion

WALKIN’ ON WATER
free from whatever is getting them down.
who we are as a band. Our only thing is that
in one interview. It’s not an important part of
my religion that I don’t think we can cover
Around the age of 17 it became very important
in your childhood?
internal struggle. Did that have a presence
our last song, we don’t have any more to
set out to do encores. Whenever we played
they asked us to put one more song. It’s about
just in case of an encore?

Q: People look to religion to deal with
the album called goal of this song?

Q: Was there ever a time you questioned
your faith?
Taylor: Absolutely! I don’t think people
that believe in their religion can truly
believe in anything unless they’ve looked at
it from an objective perspective. I feel like
questioning your faith is an integral part of
growing as a person. Those periods are more
about self-discovery.

Q: Is your faith something that gets you
trough depression and anxiety?
Taylor: For sure. My faith has not only
brought me into hardcore and punk, but also
into a community of friends and family. A lot
of us rely on each other when we go through
tough times. It’s more of a sense of having
a community, rather than having a group of
people that believe in the same thing. We
understand that loving and understanding
people is part of growing.

Q: Is there anything you strongly
disagree in traditional teachings?
Taylor: Not in a traditional sense, but
in a modern sense. There’s a lot of stuff in
the Bible that people take at-face-value that
isn’t meant to be taken that way. The reason
I don’t like organized religion is that they try
take a lot of this really beautiful stuff that
is meant to make someone’s heart grow, and
stuff in a box and kill its spirit just to sell it
to people, so people come to their church.
You see it in Islam, Judaism and Buddhism.
A lot of people get clouded by misrepresented
power and that’s the most dangerous part
of organized religion.

Q: The Pope recently put out a
preliminary document stating that the
church should allow gay people to be
accepted.
Taylor: I’ve heard talk about it, but it’s
hard to keep up with current events. Two
of my uncles are gay and I can’t remember
which state they went to get married, but I
couldn’t go because we were in Europe.
It’s just beautiful. Loving another person is
loving another person. It doesn’t change the
fact that you feel connected because you’re
of the same sex. That’s just another step
forward to a better world. It’s a monumental
step forward having a Pope like that in a
religion, that’s generally been condemning
of that lifestyle. Taking leaps and bounds in the
world!

Q: Is discrimination to your friends
and family something you saw growing up?

Taylor: Discrimination is a harmful thing
because it’s bred from ignorance and from
selfishness because no one wants to take a
step out of themselves to understand where
a person’s coming from. I’ve seen a lot
of friends be discriminated against. When I was
younger, I faced it with anger, but as I got
older, I realized there are smarter ways to
stick up for people. On that end, it’s a better
step forward than a step backwards.

After their headlining tour, Beartooth
will be supporting Sleeping with Sirens on
The World Tour. “Disgusting” is out now.

Panther meditates on yoga practice

YOGA, PAGE 8

“There’s a difference between training
daily and having an active lifestyle,” she said. “Me and my
husband swam, biked, played
tennis...but I wasn’t dancing every
day.”

Quiceno decided to take belly-
dancing classes at first, then tried
yoga. After that, her mind was made.

“I remember going up to my
yoga teacher and saying, ‘I wanna
be you when I grow up. How do I
get started?’”

Quiceno spent the next six
months researching yoga and
certifying by becoming
certified at the Synergy
Center for Yoga and the Healing
Arts.

Her husband abandoned his
dream of owning a hardware store
to join her.

We have a small closet filled
with tools—wrenches, hammers,
whatever. It looks like a mini
hardware store,” Quiceno said. “My
husband wanted to eventually own a
hardware store, but he also wanted
to teach yoga. He sold his equipment
so he could take teacher-training
classes with me.”

Quiceno and her husband, Arbay
Quiceno, learn about yoga postures
and research the ancient art together.
It has become a big part of their
life.

“I taught a class with my
husband. We had a really good
rhythm of flowing,” Quiceno said.

“My husband would talk the class
into relaxation exercises, and I
would chant in the background.
We’re a great team.”

Yoga ain’t young

Quiceno is commonly seen with
an older woman who sports a long,
silver braid. Faye Smith, Quiceno’s
75-year-old mother, is no novice on
the yoga mat.

“I was all gang-ho about yoga,
so I took my mom to a power yoga
class,” Quiceno said.

Smith said she has been
doing yoga since she was 62. She
accompanies Quiceno to every
yoga lesson, twisting her body into
the most complicated of positions
without the merest flinch of pain.

“I remember doing yoga on the
beach for the first time,” Smith said.

“And I just stood right up on my
head. It didn’t hurt.”

Despite her age, Smith said she
rarely has pain or aches.
She attributes the absence of pain
to her consistent practice of yoga
and her closeness with Quiceno.

“We’ve always been so
together,” Smith said.

Smith has become a star in
Quiceno’s yoga class, masterying
poses and befriending students. She
said she is proud of Quiceno.

“I’m going to miss [my
daughter] when I go back to
Georgia,” said Smith, who owns an
organic blueberry and garlic farm in
Georgia.
New season calls for adjustments on the court

As the NBA season tips off, Miami catches the basketball fever that has been so prevalent in the city for the past four years, and looks forward to seeing how the changes of the offseason will affect South Florida teams. The obvious: LeBron James does not play for the Miami Heat any more. His departure ushered in a new era of basketball for the team, its fans and the city. The less obvious: Tymell Murphy is also no longer a part of the FIU Panthers basketball team.

Now, listen, I’m not saying that Tymell Murphy is LeBron James, but what if I told you one of the two aforementioned players led his team in points, blocks, steals, assists, field goal percentage, minutes and was second in rebounds? Although it sounds a lot like a guy from Akron, Ohio, those specific numbers were of Brooklyn native Tymell Murphy. Now, you can see just how much Murphy meant to this team and how much the 2013-2014 Panthers leaned on him for production in every facet of the game.

Head Coach Anthony Evans is steering this new season of FIU basketball after a promising 15-win season in 2013-2014. FIU is an inaugural season in Conference USA, Evans, the long time Norfolk State University coach, guided the Spartans to a 9-9-4 record during his tenure and more impressively had two back-to-back 20-win seasons in 11-12 and 12-13. Another shining moment for Evans was having one of his players drafted into the NBA in the summer of 2012, when the Orlando Magic selected Kyle O’Quinn with the 49th overall pick, making him the first Norfolk State player selected since 1988.

“As an alumus of FIU, I am excited to see Anthony Garcia’s choice of Anthony Evans as the next men’s basketball head coach,” said FIU alumni Frank Martin, head coach of the South Carolina men’s basketball team. “He will be a great fit in the community and the University. He is a proven winner. Student-athletes at FIU just got better.”

In this new 2014-2015 season, FIU, with the subtraction of Murphy, who was LeBron-esque for the Panthers last year, which player will step up and be the leader of the team? He will play a major factor in the success of this team.

As the FIU basketball season tip off for the 2014-2015 season, one of the most important players to watch is Dennis Mavin. The senior guard Dennis Mavin is expected to be a force in the conference this year. Mavin was one of the key players for the Panthers last year, leading the team in points, field goal percentage, rebounds and assists. Now, Mavin is expected to be a key player for the Panthers in 2014-2015 season.

The Panthers will be playing in the Conference USA and the Florida Gulf Coast Conference this year. The Panthers are expected to do well in the conference and make a deep run in the NCAA Tournament. The Panthers are expected to be one of the top teams in the country and could make a run for the NCAA Championship.
The FIU women's volleyball team has hit a rough patch as of late by way of a five game losing streak. This has put their overall record at 6-18 and their Conference USA record at 3-8. As rocky as this season has been for the Panthers, one of this struggling team’s bright spots is its defense.

Out of the 13 teams in C-USA, FIU is sixth in the conference in digs. Digs play a crucial role on the defensive side of the game in volleyball; the point of a dig is to stop your opponent from scoring. When it comes to playing defense, hustling, and giving everything she has, game after game, the one person that may come to mind on the volleyball team is Adriana McLamb.

McLamb, a junior studying political science and international relations, is in her second season on FIU’s volleyball team. She plays a key role for this team as libero and defensive specialist. McLamb is relied on to anchor the defense and the back row for the team. She has proven to be dependable during tough stretches of games when they need a stop from the opponent scoring.

Before playing for the Panthers, she played for Rutgers University her freshman year. There she did not really experience the same exposure to playing time as she does here. Still, while playing at Rutgers, it groomed her to be the player she is today. Her decision to come to FIU wasn’t solely based on volleyball. Like many athletes here, school and getting an education is a priority.

“When I was looking at a school to transfer to I was looking for a school with a good international relations program because that is one of my majors,” McLamb said.

For McLamb, volleyball is an essential part of her life but being involved in her school is important as well. At Rutgers, McLamb was also a part of the Student Government Association.

On the court, McLamb has shown major improvement from a great season last year. Last season she displayed her defensive abilities on a large scale when she led the team with 2.65 digs per set and she was second on the team with 257 digs. This season she is averaging 2.97 digs per set and is currently third on the team in total amount of digs with 193. One of her personal accomplishments last year was during a game versus Southern Mississippi when she posted a career high 24 digs.

This has been a roller coaster ride of a season for the volleyball team, but with six games left and being ranked tenth in the conference, McLamb believes this team has a shot to capture that eight seed and compete in the C-USA Tournament.

“I expect nothing but the best for my team. We ended last season on a great note and we made it to the second round of conference; we are constantly improving and we are going to continue on that track,” McLamb said. “We should definitely make it to conference and I think we are contenders for that conference championship title this year.”

Adriana McLamb is en route to place herself as one of the better volleyball players to wear FIU’s blue and gold. Expect big and important plays from her now in the home stretch of the season as she and the rest of the Panthers women’s volleyball team aim to capture and win the Conference USA Tournament.
Yoga instructor inspires others through some stretching

SEIMA HUSSAIN
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Bonnie Quiceno breathes deeply. Her body gracefully twirls into the shape of a pretzel as she uses her arms, legs and abdominal muscles to balance herself on a blue yoga mat.

In the group workout classroom at Biscayne Bay campus, students in Quiceno’s yoga class attempt the same “flying crow” position.

Some students have managed to pull themselves into the complicated pose, while others are still trying. Quiceno, who has been teaching yoga for 13 years, walks around, gently repositioning those students still having trouble.

“Try to take each student’s needs into consideration,” Quiceno said. “I have a license to touch people, so I want to make sure everyone gets the most of their practice.”

Quiceno, a former ballet dancer, stunt-double, actress and nanny, became a University yoga instructor after immersing herself in the practice for six months. Aside from teaching yoga, she has also acted as a counselor, personal friend and inspiration to students struggling with anxiety and depression.

“I feel very honored and very blessed that my students open up to me,” Quiceno said. “My intention is to have people feel like they have a place where they are safe, and it makes me feel good to know that people feel comfortable to tell me their deepest, darkest secrets.”

Quiceno’s yoga class is broken into two sections: the first hour is strictly dedicated to the workout, and the last 30 minutes is focused on meditation and mental awareness. These sessions are held in the BBC Recreation Center on Monday from 3 to 4 p.m., Tuesday from 3 to 5:30 p.m., and Wednesday and Friday from 10 a.m. to 11:30 a.m.

Studies have shown that practicing yoga cases stress, depression and even post-traumatic stress disorder, according to a 2009 Harvard Medical School newsletter. Quiceno said that many students depend on yoga to improve their mental health and well being.

“I find myself doing yoga poses when I’m doing homework or studying,” said João Garcia, a student who attends class four times a week. “It’s definitely helped me with the daily stresses of life.”

“[Quiceno] is the embodiment of teaching from your heart,” Malique Williams, an FIU alumnae, said.

Williams decided to teach yoga for her students. I really aspire to be a counselor, personal friend and inspiration to students struggling with anxiety and depression, Williams said. He then proceeded to do a headstand.

“Yoga is a science. The headstand I did just now is for intuition, wisdom. It opens up your thyroid and parathyroid glands. It also energizes you,” Williams said. He then proceeded to do a headstand.

Williams became certified to teach yoga from the Synergy Center for Yoga and the Healing Arts in Miami Beach – the same place as Quiceno. Williams said he looks to Quiceno as a role model for the type of yoga guru he wants to become.

“[Quiceno] is the embodiment of teaching from your heart. She’s always bringing in her knowledge, and you can tell she genuinely cares for her students. I really aspire to be a teacher like her.”

Bonnie’s Beginnings

Quiceno never thought she would teach yoga. The idea came to her about a year after she was married, around her birthday.

“One day, shortly before I was turning 30, I looked in the mirror and I looked different. Just different somehow. And I realized I needed to do something.”

Prior to getting married, Quiceno had been highly involved with acting, theater and dance. She took a year-long break from those interests to become a housewife.

“I thought, ‘It would be good to get to know my husband,’” she said. “The housewife life, however, did not bode well for Quiceno. She found herself aching for something more.

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“[Quiceno] is the embodiment of teaching from your heart. She’s always bringing in her knowledge, and you can tell she genuinely cares for her students. I really aspire to be a teacher like her.”

Boating grows in South Florida economy

MCT STAFF

Recreational boating is a growing force in the local economy, according to an economic impact study released Thursday, the opening day of the Ft. Lauderdale Interna
tional Boat Show.

Marine sales grew 36.3-percent in South Florida from 2010 to 2014, the study commissioned by the Marine Industries Association of South Florida found.

Broward County’s recreational boating industry generated nearly $1.3 billion in sales in the year ending June 30, the study found.

Palm Beach County’s sales totaled $586.3 million and Miami-Dade County’s $313 million.

Broward saw a 21.9-percent jump in marine sales over the four fiscal years, while Palm Beach County posted 101.2-percent growth and Miami-Dade 30.5 percent.

The findings were released early that Thursday at the Bahia Mar Yachting Center, before the boat show’s opening. The Marine Industries Association owns the show.

In the 2014 budget year, Broward’s marine industry

accounted for an estimated economic impact of $8.8 billion in gross output, including jobs, earnings and spending – up from $7.4 billion in 2010, the last time the study was updated.

The county employed over 100,000 people in the marine sector, up from 92,000 four years earlier.

Palm Beach County’s marine sector generated an esti
mated $1.88 billion economic impact during the period, up from $960 million in 2010. And marine employment grew to 18,220 jobs from 8,931.

NERD ALERT!

M AriA  L orenzino /t he  B eAcon

Sophomore Maria Silva (left), junior Diana Fuentes (right), junior Jorge Perez (middle), all studying broadcast journalism, celebrated Halloween by dressing up as nerds.

Sophomore Maria Silva (left), junior Diana Fuentes (right), junior Jorge Perez (middle), all studying broadcast journalism, celebrated Halloween by dressing up as nerds.