A Forum for Free Student Expression at Florida International University

WALK OR SINK
Students celebrate 25 years of ‘walking on water’

NATALIE ALATRISTE
Staff Writer
news@fiusm.com

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 sidelines 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.

Students could work on the project alone or team up into twos and threes. In a pair, only one person could race. They would practice for 30 minutes to an hour in different bodies of water, including lakes, beaches and marinas.

“I just hope I get to keep some of the money,” said Herrera, chuckling. “I just hope I get to keep some of the money.”

The team had about eight or nine practice trials before the event. They waited for 30 minutes to an hour in different bodies of water, including lakes, beaches and marinas.

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

“Collectively, it took us 20 straight hours to build, so walking across was really exciting. It felt nice to see so much support,” she said.

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,” she said.

“We do not have a representative of young people,” said Diaz.

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,” said Diaz. “My professor brought our class to watch the races. We thought it would be a fun activity to witness.”

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“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.”

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.

If he lost, 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.

“If he lost, 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 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.

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

Antonio Diaz
Candidate
Miami Commission District 4

He also said he feels like politicians in Miami take advantage of the elderly.

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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-week campaign trail is like taking nine credits at FIU.”

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.

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**NATION & 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-income 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, including schools such as the University of Phoenix, FTI 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 graduation. Programs that fail to meet debt-to-income rules will sanction schools with students who carry too much debt compared with their earnings after graduation. 

**NEWS2**

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**Due to a technical error, the Beacon would be unable to publish tonight’s content.**

**FACULTY & STAFF**

Kent Adeola, a pre-med senior, demands no sympathy for her past. She was brought up in nine different foster-care families, but all she wants to be shown is respect for what she has accomplished—not pity. When people see me, they see my past, not Adeola. “Just because I’m a foster child doesn’t mean anything.”

To be fluent in Spanish, French and Mandarin Chinese is important for Adeola. A Spanish major, she communicates and attends to the medical needs of patients with different cultures and backgrounds. “I want to be a doctor, so I need to learn the most popular languages in the world,” said Adeola. “It’s my way of taking care of people as comfortably as possible.”

Adeola has been able to put her language skills to work as a first grade English and Spanish reading tutor at Dr. Carlos J. Finlay Elementary School in Miami, Florida. She only tutors first grade students who qualify for intervention, meaning they read at or below their grade level.

She is also a member of the Greek society Alpha Kappa Psi, the oldest and largest professional business fraternity in the nation, according to the official AKPsi website. Also, she is an event coordinator for the American Medical Student Association.

Such a busy schedule may appear hectic to the average college student, but Adeola assures that her schedule isn’t anything out of the ordinary. “I go to work. I go to school. I look for grad applications and scholarships. Sometimes, it’s so many things to worry about,” said Adeola. “I have to take the GRE. I’m just completely stressed out, but I do feel like it’s a normal amount of stress.”

According to Adeola’s professors, there is no obstacle too great for her to overcome. Spanish Senior Instructor for the Modern Languages Department Aurelio Baldor said he has a lot of students, but Adeola has stood out from the crowd.

**When people see me, they see my past. Just because I’m a foster child doesn’t mean anything.**

**Kent Adeola**

**Senior**

**Pre-Med**

**Frances Melendez, a junior majoring in international business as well as a member of the Student Association.**

**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 scholarship money and implementing programs that promote the importance of education. “Members of this club are CEO’s of companies, professors, very knowledgeable individuals who do great 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 updates 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 Carvalho, 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’ve collected boxes of shoes and have everything that we need shoes to go to school. We desire to support local students as an international cause. The warehouse donates old shoes, including the ones from Rotary, to children in developing countries who need shoes to go to school.

After hearing about the shoe drive, Chaparro saw this as an opportunity to introduce Rotary Club to Alpha Kappa Psi, a business fraternity that she joined when she came to the University in the fall of 2012.

“Alpha Kappa Psi is a business professional fraternity that is open to all students of all majors and promotes professionalism and business-related networking, among many other ideals.”

“Told how they [Rotary Club] were collecting the shoes and suggested FIU. We have so many students so it wouldn’t be difficult at all,” said Chaparro.

**We’ve collected boxes of shoes and have everything that we need shoes to go to school.**

**Vanessa Chaparro**

**Senior**

**Accounting**

**Meet Our Staff**

**Frances Melendez, a junior majoring in international business as well as a member of the Student Association.**

**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.**

“arbitrarily spreading the word about the drive because it is beneficial to our community,” said Chaparro. “We’ve collected 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.”

**WE DON’T LIKE ASKING FOR MONEY. LET US DO THE WORK.**

**Howard Horowitz, President Rotary Club of Miami Dadeland-Pinecrest**

**We’ve collected boxes of shoes and have everything that we need shoes to go to school.**

**Vanessa Chaparro**

**Senior**

**Accounting**

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**Accounting**
Midterm motivation for a quarter-life crisis

KRISTINE PEREZ
Staff Writer
opinion@fiusm.com

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 is, we must decide what we embrace what life really chance to move out and pretty early on.

The final decision is usually a product of ‘What job 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 midlife crisis and realize you are not where you want to be.

To pay or not to pay – that is the question

AMID BENNAIM
Contributing Writer
opinion@fiusm.com

Many sport fans across America are divided in their opinion on whether or not college athletes should be paid for playing in the National Collegiate 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 corporations willing to dish out the cash. In reality, college athletes are already being paid a sum that amounts to $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 $790,000, and there are more than enough corporations including television, video game and merchandising contracts. CBS and the Turner Broadcasting company alone make $1 billion in profits during “March Madness.”

In real terms, a University athlete is being paid $34,000 per year for his/her services. In addition, 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 so intertwined in our society?

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

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 scout at age 18. It is important to remember that the most crucial period in the development of an athlete’s ability is between the ages of 18 and 22 and that during this period one can improve dramatically. These scouts bring athletes to universities where they learn a career and have greater opportunities than they might have had otherwise. Out-of-state tuition plus board at FIU costs around $34,000/year. A scholarship in lieu of the more popular sports covers this completely.

So, in real terms, a University athlete is being paid $34,000 per year for his/her services. However, that number is actually much higher because, instead of receiving a check, college athletes receive a diploma.

When I was in high school my guidance counselor told me 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 a 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.
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 electronic-dance music, setting the scene at a downtown L.A. club. We follow protagonist John Lee (Chow), who, after refusing to do a final hit crossing his moral boundary, has arrived to pull off a hit. No doubt alluding to his notorious role as a guy who shoots people, Chow plays a hitman acting as a guy who shoots people who, after refusing to do a final hit crossing his moral boundaries, is chased by his employer and replacement killers seeking to finish him and the job.

As a result of his actions, he goes to Meg Coburn (Sorvino), known for making up fake passes to the things people use (like Meg’s $3000 computer) – this is 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...

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.
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.”

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

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

Quiconco spent the next six months researching yoga and becoming certified by 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,” Quiconco 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.”

Quiconco and her husband, Arbay Quiconco, 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,” Quiconco 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

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

“She attributes the absence of pain to her consistent practice of yoga and her closeness with Quiconco. “We’ve always been so together,” Smith said. Smith has become a star in Quiconco’s yoga class, mastering poses and befriending students. She said she is proud of Quiconco.

“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.

The album called goal of this song and?

Artist on “Disgusting” release and religion

free from whatever is getting them down.

we want people to come to our shows and be

in one interview. It’s not an important part of

my religion that I don’t think we can cover

religion. There’s a lot of stuff that goes into

 Around the age of 17 it became very important

in your childhood?

set out to do encores. Whenever we played

about that whole idea of throwing yourself

feeling that pressure. Caleb wrote that song

just in case of an encore?

there. It just reflects a lot of what we were

was listening to a lot of Billy Talent and Trash

Q: People look to religion to deal with

Q: Was the song “One More” written

It wasn’t very present growing up.

Q: Is there anything you strongly

Q: Was there ever a time you questioned

Q: The Pope recently put out a

preliminary document stating that the

church should allow gay people to be

accepted.

Taylor: My husband would talk the class

rhythm of flowing,” Quiceno said.

Quiceno and her husband, Arbay

Quiceno spent the next six

months researching yoga and

get started?’”

As the professor began the Walk on Water 25 years

ago and hopes to extend the event by inviting other universities to participate.

Professor Jaime Canaves, speaks shortly before the

students taking the “Materials and Methods of Construction” class.

Top Left: Ricardo Henriqueis a sophomore in architecture, walks across the lake. His partner, Else Francis [not pictured] was waiting for him at the other side.

Bottom Left: Jamil Pierre, a junior in civil engineering, crosses the finish line with his shark themed footwear at the Walk on Water.

Center: Min Kye Park (center), a sophomore studying architecture, prepares his device before the Walk on Water. The Walk on Water is a grade for students taking the “Materials and Methods of Construction” class.

Top Right: Professor Jaime Canaves, speaks shortly before the race begins. The professor began the Walk on Water 25 years ago and hopes to extend the event by inviting other universities to participate.
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 in this new season of FIU basketball after a promising 15-win season in 2013-2014, FIU’s inaugural season in Conference USA. Evans, the long time Norfolk State University coach, guided the Spartans to a 59-94 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 alumnum of FIU, I am extremely excited about 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 put the team on his back? Will that player show up every night for the Panthers?

The short answer is no one. Not one player will be able to repeat what Murphy did last year for this Panther squad, but a few players can work together to help this team succeed.

Redshirt junior Adrian Diaz will be a major factor on this team. Diaz has the size at 6-foot-11 and 230 pounds to be a force inside in C-USA. Diaz was named the annual Blue vs. Gold Intrasquad scrimmage, Diaz led all scorers with 33 points going 13 for 18 from the field and 7 for 11 from the foul line, he chipped in nine rebounds, two blocks and an assist for the Gold squad.

Expect Diaz to fill in for Murphy in the big categories like points, field goal percentage, rebounds and blocks. Diaz, a Miami native, was recruited by Martin to play at Kansas State University. After Martin left to South Carolina, Diaz decided to take his talents back to his home city and play for FIU. Watch out for Diaz this year in C-USA. He will be one of the best big men in the conference.

On to another player that will command a huge look by other teams in their defensive game plan coming this upcoming year, senior guard Dennis Mavin. The speedy Mavin led the Blue team in the intrasquad scrimmage with 22 points, shooting at a 50 percent clip and adding in four assists and four steals as well. There’s your missing piece to fill in for Murphy.

With Diaz holding down points, rebounds, field goal percentage and blocks, Mavin can focus on assists, steals and minutes. Look for Adrian Diaz and Dennis Mavin to be an enormous part of the Panthers offensive game plan going into in 2014-2015 season.

The Panthers will be staring their season on Friday, Nov. 14 versus Florida College at 7:30 p.m. Marquee games this season will be at University of Louisville on Friday, Dec. 5 and at Florida Gulf Coast University on Sunday, Dec. 14. These two programs have been in the national spotlight for the better part of a couple of years, with Louisville winning the National Championship in 2013.
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.
Yoga instructor inspires others through some stretching

SELEMA HUSSAIN
Contributing Writer
lbb@fiusm.com

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.

“I 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.

“Yoga is a science. The headstand, he said, allowed him to perform.

“I realized I didn’t need to go somewhere to do something, I could sit [down] and go wherever I wanted to sit,” he said.

Williams said he decided yoga and meditation to heal himself and to make him more wholesome. “Meditation to heal himself and to make him more wholesome...it strengthens...it opens up your thyroid and metabolic state,” Williams said. “I had just moved to Miami, and I had no friends. My activity was very low. And then I found meditation, and I realized how going in was.”

By “going in,” Williams means for her students. I really aspire to be a role model for the type of yoga guru that I do a headstand.

“Yoga is a science. The headstand, he said, allowed him to perform.

“I realized I didn’t need to go somewhere to do something, I could sit [down] and go wherever I wanted to sit,” he said.

Williams said he decided yoga and meditation to heal himself and to make him more wholesome. “Meditation became my meditation,” he said. Williams decided to teach yoga and meditation after discovering what it did for him. Quiceno was a big influence on his decision to do so, he said.

“Bonnie will tell you how different poses are good for your health,” Williams said. He then proceeded to do a headstand.

“Yoga is a science. The headstand I did just now is good for intuition, wisdom...it opens up your thyroid and parathyroid glands. It also energizes you.”

Williams became certified to teach yoga from the Synergy Center for Yoga and the Healing Arts in Miami Beach – the same place as Quiceno.

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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