The Beacon, October 13, 2010

Florida International University

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University testing out move to Moodle

Micheal Jeffery
Contributing Writer

As the University’s contract with its Learning Management System Blackboard CE6 ends this year, a plan to switch to Moodle by summer 2011 is underway.

This past summer, University Technology Services and Educational Technology Services launched Moodle for 34 web-assisted courses under eCampus.

The feedback from the pilot was very positive and helped ETS plan for all 354 web-assisted to use Moodle as their Learning Management System by summer 2011. Moodle, which is an acronym for Modular Object-Oriented Dynamic Learning Environment, is used in over 200 countries, making it the most widely used open-source LMS.

The advantage of using open-source software is that “there is a dynamic worldwide user and developer community that is actively developing new features, add-ons, and plugins that are made freely available to everyone using the open-source program,” explained Dr. Mary Hale, assistant director of ETS. For the past four years the University has been using the commercial LMS Blackboard CE6 for web-coursed.

MOODLE, page 2

MOODLE, page 2

Law school ranked tenth in best value

Nicolas Saravia
Staff Writer

A study based on bar passage rate, average debt after graduation and employment rates nine months after graduation has led The National Jurist to name the University’s College of Law as the tenth best value Law school in the nation. The National Jurist ranking, featured in the October 2010 issue and in PreLaw Magazine’s fall edition classifies the University’s College of Law as second in the state, after Florida State University.

The College of Law has been previously recognized in other studies, such as the Leiter Ranking and the national Sisk Report, which placed FIU as third in Florida for Faculty Scholarly Impact in the nation. “These rankings reflect FIU College of Law’s excellence in education and scholarship,” said Dean Alex Acosta on the College of Law’s website. “As we approach the tenth anniversary of our founding, we are proud of that our faculty has so quickly joined those of the University of Florida and FSU as one of the three most impactful law faculties in the state of Florida.”

The National Jurist assigned each of the 60 selected institutions a letter grade to represent their value level, with FIU obtaining an A-

The list is lead by Georgia State University-

VALUE, page 2

Senates moves to impeach Comptroller Rosa-Blanco

Vincent Fernandez
Staff Writer

The Student Governing Council at Modesto Maidique Campus senate met on Oct. 11 and moved to impeach SGC-MMC Comptroller Maria Rosa-Blanco after being found in violation of an attendance statute.

The first step in the impeachment process is to inform Rosa-Blanco of the impeachment and then to hold a hearing which allows her to defend herself.

During the next SGC-MMC senate meeting, the date for the impeachment hearing will be set. After this hearing, the senate will decide whether or not to remove actually remove Rosa-Blanco.

College of Arts and Sciences Senator Moses Aluicio clarified that “impeachment does not necessarily mean removal; in theory the senate can censure a person.”

When a member of the Student Government Association is censured, they are officially reprimanded by the senate due to problems that occur during their time as a member of SGA. Censures can also be used as evidence in an impeachment trial.

During the hearing, SGC-MMC Graduate Senator Erika Edwards pointed out that the comptroller’s signature is required to give any organization amounts of money greater than $3,000.

This was a problem because the Graduate Student Funding Committee had just allocated $4,400 to the Academy for Arts and Teaching without Rosa-Blanco’s signature.

SGC-MMC President Helena Ramirez noted that because she was not aware of this allocation, nor signed it, that the money may become void and be refunded to SGA.

“In order to appropriate these funds [SGA] would either have to break the law or mail all forms to [Rosa-Blanco] and have her sign them and then mail them back.” said College of Arts and Sciences Senator Chris Cabral.

Cabrall felt the impeachment process would allow for Rosa-Blanco to not only defend herself but also clear up many questions that Ramirez cannot answer for Rosa-Blanco.

While giving her report on the comptroller, Ramirez also noted that the SGC-MMC Director of External Relations Andrea Alba- dari resigned from her position due to the fact that she had prior engagements that needed her attention.

Internal Affairs Coordinator Daniel Gonzalez will now be heading an investigation which will submit an impeachment report at the next senate meeting on Rosa-Blanco and her work. Gonzalez also presented his report on SGC-MMC Director of Campus Life Alex Lastra.

Although the investigation has been underway for a week, Gonzalez said it was still ongoing due to governing councils not responding to his attempts to reach them.

Aside from the move to impeach Rosa-Blanco, the committee that was formed at a previous meeting to investigate regulations for political parties brought its report to the senate. The committee’s purpose was to investigate other college’s political party systems and use them as a guideline for creating regulations.

The report was delivered by Lower Division Senator Patrick O’Keefe and a point brought up was that the bill, although mainly just regulations, seemed to promote the creation of political parties.

Also, it was noted by Aluicio that the parties should not be regulated by the Elections Commission which, at best, is a one man
**WEIRD NEWS**

**Charlie the Smoking Chimp Dies**

Charlie the smoking chimp has taken his last puff. The cigarette-loving simian, who gained worldwide fame years ago after videos of him puffing away were widely circulated, has died at the relatively advanced age of 52 at a South African zoo.

Only about seven percent of captive chimpanzees make it past age 40, according to a 2007 Harvard study cited by the New York Daily News. Charlie apparently learned to smoke while working as a circus performer in the U.S. Though Charlie is dead, officials are thinking of having him stuffed.

**Thousands of condoms clog Games village drains**

Thousands of flushed condoms threaten to choke the Commonwealth Games village’s drainage system, Reuters said, in the latest problem to hit the venue from hidden snakes to outbreaks of dengue. Games organizers are now battling to clear clogged drains after thousands of non-biodegradable contraceptives were flushed down toilets in the first week of the event.

Games organizers had provided 8,000 free condoms in the village, and the provision appears to be in high demand. Over 4,000 had already been snapped up by eager athletes in a tradition that has become a fixture of the Games worldwide fame years ago after videos of him.

**Women had 77 cats living in 2 cars**

Two women, 54-year-old Regina Millard and 61-year-old Bertha Ryan, both of Troy, N.Y, have been cited for animal cruelty in Vermont after police found 77 cats living in two cars. Plates of food were inside and some of the cats had fecal matter matted to their fur.

The Bennington Banner reports that Police say one of the cats was found dead in the trunk of one of the cars. Plates of food were inside and some of the cats had fecal matter matted to their fur.

Bennington Police Chief Paul Doucette says the women owned two of the cats and were apparently looking for homes for the rest.

-- Compiled by Alexandra Camejo

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**Law schools judged on bar passage rate and average debt of students**

VALUE, page 1

Universities, followed by Brigham Young University and the University of Louisville.

The schools selected were to have a bar pass rate higher than the state average.

The 2009 FIU rate for first-time takers was 81 percent. Another factor taken into account for the list was the average debt of law graduates, in which FIU was close to the ranking’s limit of $100,000.

*The National Jurist* obtained the average debt information from the U.S. News & World Report.

To be included in the selected, the employment rate nine months after graduation had to be at least 85 percent of the class.

FIU’s statistics for the Class of 2009 reached 91 percent.

In-state tuition was also an important factor for the University’s high rank, which was in 2009 at $14,203.20 annually for the full-time division and $9,942.24 for night students.

"Money was a major reason for me to come to attend a state school in Florida," said law student Derrick Feinman.

"The University’s College of Law has attracted many students because of the comparatively low cost of tuition, as well as improve-ments in the curriculum.

"The tuition, professors and location were all factors of why I chose to go to FIU for law school," said Gretel Salazar, law student.

The study by The National Jurist also found that most of the students that go to law school find jobs in the same area.

Thus, they recommend future lawyers consider whether the school they attend is in an area where they would want to spend at least a few years.

"I take pride in the fact that I can go to a great law school, take advantage of all that FIU has to offer in terms of quality professors and curriculum and do so at a relatively good price," said Feinman.

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**Investigative report on regulations for political parties draws questions**

S&G, page 1

Interest committee, according to Aluicio.

“According to this [bill], there is no oversight on the money,” Aluicio said. “How can we base it on the elec-tions board which in the past has been a minority? How can we put these organizations under the elections board when there is none?”

O’Keefe ensured the senators that the point of the bill was purely to be used as guidelines, and will be subject to change over time.

“It’s putting regulations in place just in case somebody decides to start a political party and ask for funding to campaign,” O’Keefe said.

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**Moodle gets mixed reviews from faculty and students**

MOODLE, page 1

assisted courses since Black-board Inc. bought WebCT in 2006.

Although Moodle appears user-friendly, complaints have already been received by ITS from students who are having trouble finding assignments, schedules and other resources on Moodle.

“Moodle has a better inter-face but has problems some-times with the password,” said housemajor Dan Monte negro. The login for Moodle uses the “myAccounts” login information, which has created problems for some students.

“I was trying to submit a paper and it wouldn’t even let me log in, so I think it’s only rational that it went down,” said Sky Choi, a physics major.

The switch to Moodle is also an attempt to allay complaints from faculty that Blackboard was too compli-cated and made it difficult to integrate outside resources into the software through the tools provided by the system.

English Professor Jennie Dautermann, who currently uses Moodle for three of her classes, “would rather use Moodle because it is more teacher-friendly and has a lot of options.”

ETS evaluated several alternatives to replace Black-board as the University’s LMS. A comparison using one course in each system to look at how it worked included: ANGEL Learning, which is now owned by Blackboard Inc., Course Cruiser and Sakai, the system currently used at the University of Florida.

While eCampus serves web-assisted courses, FIU Online solely handles the University’s fully online courses. FIU Online has used Moodle as a Beta/Pilot LMS with some of these fully online courses. Due to cost issues, there is no plan for these online courses to make the same, complete transition to Moodle that eCampus is making.

“It could be that the University uses two LMS—one for FIU Online and one for eCampus—which would not be unheard of,” explained Haley.

The transition will require help from faculty to make it work to its full potential but Haley says ETS is “very optimistic” that the University community will embrace Moodle and stay with it for a long time.
MEN’S SOCCER: FIU 2, FAU 0

Rodriguez, Panthers shut out rival Owls on the road

ANDRES LEON
Staff Writer

Nicolas Rodriguez had one assist and the game-losing goal for the Panthers (5-5-0, 0-2-0 Conference-USA) as they played the Florida Atlantic Owls (2-6-2) on Oct. 9 and came away with a 2-0 win.

Rodriguez buried an easy give away from FAU goalkeeper Shane Lopez, however, James McCormick in the 88th minute.

Earlier in the second half, Rodriguez assisted with a perfect free kick crossed into the box for Jahbari Willis to score his first collegiate goal.

“We finished strong, although possession wasn’t in our favor we capitalized on the chances we got, and on the ones they gave us,” Head coach Munga Eketebi said.

Early in the first half, Owl’s forward Rocco Pecora had three shots on goal. FAU dominated possession and shot FIU three to four times.

In the first half, MTSU didn’t waste any time getting the lead, as Vanessa Mueggler, the Blue Raiders leading scorer and with now ton goals, put the ball in the net on a corner coming from Whitney Jorgenson.

Not only was Mueggler the leading goal getter for MTSU coming into the game, but she was also second in the SBC as well.

Up to this point in the season, the Panthers have done a very good job on containing the top player of their opponents, especially in the SBC.

In this game however, Mueggler was able to get the most shots on goal for either team with three total.

“We didn’t have the strongest attack as we usually do today, and I think that’s what we feel short,” Golden Panthers midfielder April Perry said. “Our attack wasn’t strong because we weren’t very composed up top, so it hurt us a lot.”

The Panthers were able to strike back shortly after to make it a 1-1 match, when freshmen Crystal McNamara shot the ball inside the box at the 29 minute mark for her first goal on the year.

This gave the Golden Panthers plenty of time and chances to be able to take control of the game, and the lead.

At the end of the first 45 minutes of action, the game remained tied at one a piece.

The second half started with a bang, as MTSU was able to strike early again, this time in only four minutes, as Mueggler got the ball in the outside box and struck it into the left corner, making the lead 2-1 in favor of the Blue Raiders.

It was time for FIU to comeback yet again, except this time it was not to be, as Muegglers second goal proved to be the game winner.

MTSU also put in an insurance goal six minutes later, with Jessika Osseguera scoring off a free kick from 30 yards out, to increase the lead to 3-1 with about 36 minutes left to play for FIU to mount a comeback, or at the very least send it into overtime and maybe pull out a tie.

In the end the outcome remained at 3-1 Middle Tennessee over FIU, and the first loss of SBC play drops FIU to now second in the conference standings, with Denver remaining undefeated.

“It’s not easy, especially coming off a five game winning streak,” Perry said. “We’re very disappointed that we had the let up today, but I think that it’s just going to make us more aggressive the next game, so it hurt us a lot.”

The Golden Panthers come back home to play conference rival Memphis on Oct. 3 at 7 pm.

WOMEN’S SOCCER: MTSU 3, FIU 1

Middle Tennessee midfielder Piaoge Goeglin attacks the FIU defense in a win

KARINA TELLEZ/THE BEACON

Men’s Soccer: FIU 2, FAU 0

WOMEN’S SOCCER: MTSU 3, FIU 1

Golden Panthers lose first conference game at home

JACKSON WOLEK
Staff Writer

The women’s soccer team suffered their first loss in the Sun Belt Conference against Middle Tennessee on Oct. 10, losing 3-1.

The Golden Panthers (8-5, 1-5 SBC) committed a total of 12 fouls for the entire game, something the team is not accustomed to doing.

“This was only the fourth time FIU hit double digits in fouls in a game, and also the third most this year. “I’d put it that there [Middle Tennessee] a good opponent, so if they hit us we would just be scrapping and then we would get the foul,” said Nicole DiPerna about the chances we got, and in our favor we capitalized although possession wasn’t first collegiate goal.

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SOCCER, page 4

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Henne improves despite setbacks

STEVEN WINE
AP Sports Writer

The Miami Dolphins’ complex is flanked by several small-college campuses, and quarterback Chad Henne could pass for a graduate student. He arrives early, studies late and often lugs a notebook under his arm.

Occasionally he flunks a test.

Henne’s many fans include former Dolphins coaches Don Shula and Jimmy Johnson, who say the franchise finally has a keeper at QB. But there are detractors, too, especially in the wake of an erratic prime-time showing on Oct. 4.

Henne matched a career high with 18 interceptions in 17 career starts, and he’s still learning from last year’s misses.

Henne has two weeks to absorb the latest lesson in his very public NFL education.

No one disputes the third-year pro is still a work in progress, but Henne said he’s capable of leading the Dolphins to the playoffs.

“Definitely. There’s no question,” he said. “I see myself each and every day getting better at things that I wasn’t so good at last year.”

In 17 career starts, Henne has thrown 17 touchdown passes and 18 interceptions while leading the Dolphins to a record of 9-8. They’re 2-2 this year, with consecutive home losses in divisional games after winning their first two games on the road.

A rugged part of the schedule awaits, with the next six opponents a combined 16-8, and the stretch could be especially telling for Henne.

He may be no Dan Marino, but boosters still think Henne can be the Dolphins’ best quarterback since Marino.

“I see progress in a lot of areas,” Sparano said. “Where you’re behind like we were behind, and you have to throw it as much as we had to throw it, to make the decisions that he made at times and to throw some of the balls that he threw I thought was really impressive.”

Interceptions aside — and that’s a huge aside — Henne went 29 for 36 for 302 yards. He has topped 300 yards five times, which is already more than any passer in the Dolphins’ 45-year history except Marino. Those performances all came in Henne’s past nine games, including a career-best 363-yard effort in a loss to the New York Jets two weeks ago.

“There are some really positive things to build on,” said Chad Pennington, the Dolphins’ backup quarterback and Henne’s mentor. “Chad has made some really good progress in his consistency, and aside from Monday, he did exactly what he was supposed to do.”

Then he says, “Were you open?” and I said, “No.”

Marshall laughed and said Henne knows better than to take him too seriously.

“It’s one of those things where wide receivers always think they’re open, so don’t mind me,” Marshall said. “Nine times out of 10, I probably wasn’t, and he did exactly what he was supposed to do.”

It’s that 10th time that gets Henne in trouble. He sometimes forces throws against soft defenses, and that was the case against the Patriots, who often dropped seven or eight players into coverage.

“When he goes off in his rampages, just let him be,” Henne said. “That’s the way he plays the game, and you just let him be himself, and he’ll come back to you and make some great plays.”

Marshall conceded he complains too much about not getting the ball enough.

“Receivers think they know it all,” Marshall said. “There was one play where I came to the sideline and I went to Pennington and I said, ‘Man, I’ve got one-on-one with a linebacker. Wouldn’t you guys come to me first?’ He looks at me and said, ‘Yeah, absolutely. I would definitely come to you if you’re one-on-one with a linebacker.’”

Henne and Marshall have no more than one score, and Henne has misfired trying to hit Marshall 18 times.

This is the sixth year in a row that the Golden Panthers has lost to the Blue Raiders and was not able to avenge their only loss in the conference from last season.

“This has two goals the two teams scored in the second half came against the run of play, and that we were sitting better than they were. However, we just took the few opportunities we had and were not good on the ball. The end of the day, we couldn’t get ourselves out of it.”

PI Kappa Phi 3-0-0 1.000 W3
Pi Kappa Alpha 3-1-0 1.000 W1
Sigma Phi Epsilon 3-0-1 0.750 Draw
FLII 2-1-0 0.667 W2
Phi Sigma Kappa 2-1-1 0.500 L1
Sigma Alpha Mu 2-2-0 0.500 W1
Tau Kappa Epsilon 1-0-2 0.333 Draw
Lambda Chi Alpha 1-3-0 0.250 L1
Notre Dame 1-3-0 0.250 W1
Beta Theta Pi 0-4-0 0.000 L4
Sigma Chi 0-3-0 0.000 L3

*All records up to date as of Oct. 10
LIFE!

ISN’T HE LOVELY?

Senior Robby Valls walked away with the first Mr. FIU title. Valls and fellow contestants were judged by a panel of judges including Rosalie Rosenberg. Mr. FIU was hosted by the Miss FIU Committee.

Food for Thought

Japanese restaurant offers big flavors, reasonable cost

There’s nothing like sushi and sake bombs to bring friends together.

A good friend of mine decided that it was high time that we - all 16 of us - went out on a date.

After a brief discussion, we all came to the conclusion that sushi was the name of the game.

Shibui, 7101 SW 102 Street, is a small dive with a highly extensive menu featuring a host of Japanese specialties.

For those who aren’t ready to venture into the world of sushi or simply want a hot meal, entrées such as teriyaki and tempura are available for your enjoyment.

While a good part of the crew enjoyed sake, I decided that a green iced tea was more my speed.

When it arrived, I was somewhat concerned with its deep green hue.

But the light, refreshing taste dispelled my fears.

For an appetizer, my friend (and our lovely Life! Editor Adriana) and I shared the Combo, Combo, a sampler featuring a dish of kai-kakiage (fried conch fritters), tatsuta-age (marinated chicken wings), shigi-yake (fried eggplant with miso sauce) and beef gyoza (a savory dumpling).

Although we enjoyed the entire dish, a favorite of mine was the eggplant.

The smoky sweetness of the miso sauce and its melt-in-your-mouth texture was heavenly.

Shibui’s menu contains 45 different sushi roll varieties.

If it were up to me, I would try each one.

Alas, I was confined to sampling only a few.

I stepped outside of tradition for a bit and tried the Louisiana Roll, a combination of cooked crawfish, asparagus, masago and lettuce.

I was able to try a bit of the Combination Nori-Maki dinner, which includes a tuna roll, a cucumber roll, half a Shibui roll and two additional rolls with your choice of filling.

In this case, the two additional rolls were both of salmon.

For dessert, a few of us decided to split an order of tempura ice cream and tempura cheesecake.

The tempura ice cream was a hit: the outer crust was light enough not to interfere with the vanilla.

The warmth of the cheesecake was a pleasant surprise and a fantastic compliment to the ice cream.

Although the food was on point, I must discourage you from going to Shibui with a large crowd.

Since the establishment is so small, we were quite cramped for space.

COLUMNIST

JASMYN ELLIOTT

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I stepped outside of tradition for a bit and tried the Louisiana Roll, a combination of cooked crawfish, asparagus, masago and lettuce.

With this being my first time trying crawfish, and in such a unique preparation, I must say I was impressed overall.

The light sweetness of the crawfish and the refreshing astringent of asparagus complemented each other quite well, especially with a tiny dollop of wasabi.

I was also able to try a bit of the Combination Nori-Maki dinner, which includes a tuna roll, a cucumber roll, half a Shibui roll and two additional rolls with your choice of filling.

In this case, the two additional rolls were both of salmon.

I could tell that Shibui used fresh fish in this roll; no unpleasant aftertaste followed and I didn’t even need wasabi or soy sauce to enhance the flavor.

For dessert, a few of us decided to split an order of tempura ice cream and tempura cheesecake.

The tempura ice cream was a hit: the outer crust was light enough not to interfere with the vanilla.

Also, the warmth of the cheesecake was a pleasant surprise and a fantastic compliment to the ice cream.

Although the food was on point, I must discourage you from going to Shibui with a large crowd.

Since the establishment is so small, we were quite cramped for space.

Also, there were several hiccups in the already slow service.

SHIBUI, page 6

FOOD FOR THOUGHT

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For those who aren’t ready to venture into the world of sushi or simply want a hot meal, entrées such as teriyaki and tempura are available for your enjoyment.

While a good part of the crew enjoyed sake, I decided that a green iced tea was more my speed.

When it arrived, I was somewhat concerned with its deep green hue.

But the light, refreshing taste dispelled my fears.

For an appetizer, my friend (and our lovely Life! Editor Adriana) and I shared the Combo, Combo, a sampler featuring a dish of kai-kakiage (fried conch fritters), tatsuta-age (marinated chicken wings), shigi-yake (fried eggplant with miso sauce) and beef gyoza (a savory dumpling).

Although we enjoyed the entire dish, a favorite of mine was the eggplant.

The smoky sweetness of the miso sauce and its melt-in-your-mouth texture was heavenly.

Shibui’s menu contains 45 different sushi roll varieties.

If it were up to me, I would try each one.

Alas, I was confined to sampling only a few.

I stepped outside of tradition for a bit and tried the Louisiana Roll, a combination of cooked crawfish, asparagus, masago and lettuce.

With this being my first time trying crawfish, and in such a unique preparation, I must say I was impressed overall.

The light sweetness of the crawfish and the refreshing astringent of asparagus complemented each other quite well, especially with a tiny dollop of wasabi.

I was also able to try a bit of the Combination Nori-Maki dinner, which includes a tuna roll, a cucumber roll, half a Shibui roll and two additional rolls with your choice of filling.

In this case, the two additional rolls were both of salmon.

I could tell that Shibui used fresh fish in this roll; no unpleasant aftertaste followed and I didn’t even need wasabi or soy sauce to enhance the flavor.

For dessert, a few of us decided to split an order of tempura ice cream and tempura cheesecake.

The tempura ice cream was a hit: the outer crust was light enough not to interfere with the vanilla.

Also, the warmth of the cheesecake was a pleasant surprise and a fantastic compliment to the ice cream.

Although the food was on point, I must discourage you from going to Shibui with a large crowd.

Since the establishment is so small, we were quite cramped for space.

Also, there were several hiccups in the already slow service.

SHIBUI, page 6

FOOD FOR THOUGHT

Isn’t he lovely?

Senior Robby Valls walked away with the first Mr. FIU title. Valls and fellow contestants were judged by a panel of judges including Rosalie Rosenberg. Mr. FIU was hosted by the Miss FIU Committee.

COLUMNIST

JASMYN ELLIOTT

Japanese restaurant offers big flavors, reasonable cost

There’s nothing like sushi and sake bombs to bring friends together.

A good friend of mine decided that it was high time that we - all 16 of us - went out on a date.

After a brief discussion, we all came to the conclusion that sushi was the name of the game.

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SHIBUI, page 6
In light of National Breast Cancer awareness month, here are six cancer-fighting foods that are delicious and easy to incorporate into your diet.

1. FLAXSEED
Flaxseed has been shown to fight cancers of the colon, breast, and intestines in animals. Flaxseed does this by providing omega-3 fatty acids, which are anti-inflammatory, and by being a good source of lignans. Lignans have a weak estrogen effect and work against cancers that need estrogen to grow.

For best absorption, consume one to two tablespoons of ground flaxseed meal per day. It can easily be incorporated into your meals by sprinkling it over salads, soups, smoothies and yogurts.

2. POMEGRANATE
Studies show that certain components of pomegranate such as urolithins and ellagitannins are able to stop the growth of breast cancer such as urolithins and ellagitannins. Lignans have a weak estrogen effect and work against cancers that need estrogen to grow.

Also, turmeric can be added to potato, vegetable and chicken dishes. Search the internet for delicious recipes and experiment with new foods.

3. TURMERIC
Turmeric is a yellow spice with antioxidant and anti-cancer properties, turmeric can easily become a part of your diet.

Turmeric has been shown in numerous studies to have anti-cancer properties for colon, stomach, liver, skin, breast and kidney cancers.

Also, turmeric can be added to potato, vegetable and chicken dishes. Search the internet for delicious recipes and experiment with new foods.

4. TOMATOES
The pigment lycopene, present in tomatos as well as watermelons, pink grapefruit, and pink guavas, is a potent antioxidant that may fight off prostate, breast, lung and liver cancers.

For best absorption, consume one to two tomatoes a day.

5. GREEN TEA
Green tea is high in sugar and other unnecessary ingredients.

Enjoy a warm cup of green tea after dinner, and add fresh mint leaves for enhanced flavor.

Also, you can make tea and sweeten it with honey or sugar. You can also make tea and sweeten it with honey or sugar. You can use tea and sweeten it with honey or sugar. You can also make tea and sweeten it with honey or sugar. You can use tea and sweeten it with honey or sugar. You can also make tea and sweeten it with honey or sugar. You can use tea and sweeten it with honey or sugar. You can also make tea and sweeten it with honey or sugar. You can use tea and sweeten it with honey or sugar. You can also make tea and sweeten it with honey or sugar. You can use tea and sweeten it with honey or sugar.

6. BROCCOLI
Broccoli contains indole-3-carbinol, a compound that may help fight many different kinds of cancers.

Adding to its list of credentials, broccoli is high in vitamin C, carotenoids, folic acid and low in calories.

Steam or boil frozen broccoli, which is easy and cheap to acquire and keep in stock. As a snack, dip a piece of cheese or bread in it.

Then add low-fat milk and stir until thickened. To finish off, add 2% milk shreded cheddar cheese such as Monterey jack or Italian blend.

Also, try adding broccoli to dinner by lightly sauteeing it with olive oil, lemon juice, garlic, salt and pepper.

Voilà! A gourmet side dish is served.

Healthy bite: is a bi-weekly health column. Look for it every other Wednesday. Hamo is currently doing her dietetics internship.

Eatery not good for groups

In the midst of our meal, one of our friends had to convince a waitress that he didn’t receive his food, which he ended up getting just in time for dessert.

Another tip: try to stick to the plated dinners while warm, then cool it down overnight in the refrigerator and take as a refreshing drink to school.

Cancer fighting super foods add flavor and power to meals

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Media cynicism demeans serious topic

JASMYN ELLIOTT
Asst. Opinion Editor

While I can understand the sense of embarrassment on the Black media’s part, I see no reason why they should ease up now on their criticisms of these crimes.

Bishop Eddie Long, a prominent preacher and figurehead in the African American community, had better start praying rather than pressing. On Sept.3, three young men came forward with accusations of sexual coercion against the pastor. The next day, a fourth man emerged. All four since filed a civil suit against Long.

Disappointingly, many Black media outlets have been dismissive of these claims, assuming that these men are simply trying to extort Long for his money and defame his reputation. I, however, believe that their claims, along with other claims of sexual abuse, do deserve serious attention. For now, though, let’s take a look at their situation.

The popular claim regarding Long’s case is that these four men are trying to get a hold of his wealth. Some have even cited the fact that two of the victims were linked in a recent robbery of Long’s personal items as proof of God’s favor. I believe that since they have championed him for so long, they were already recipients of Long’s riches. All of them received a wide variety of generous contributions, including students at the University of Miami. The average home worth is $180 a year in heating costs alone.

According to RAINN, 60% of cases of sexual assault go unreported. Furthermore, many males are statistically the least likely to report sexual assault than female victims. Combine this with the homophobic stigma that permeates the Black and Christian communities in general, one can see why it may have taken so long for these men to come forward.

Furthermore, Long has openly, and perhaps ironically, been heavily vocal in denouncing homosexuality as a sin, going as far as organizing an anti-gay rally that included a march to the grave site of Martin Luther King Jr. Although these four men were allegedly victimized, they were also parishioners of his church and may have hesitated coming forward due to their beliefs. However, to mention the very real possibility of ostracism from their community, including the 25,000 members of Long’s church.

I would also like to point out that the Black media will inherently be biased in favor of Long. For many years, various Black media outlets have touted Long as one to look up to, a positive figure in Black America. With this scandal coming to light, Black media in general has been much kinder to Long, coming up with a variety of excuses or citing the “innocent until proven guilty” clause.

However, these were the same ones ready to convict and condemn the Catholic priests who were accused of molesting the majority of which being White. While I can understand the sense of embarrassment on the Black media’s part for potentially supporting a man guilty of sexual assault, or the need to defend him since they have championed him for so long, I see no reason why they should ease up now on their criticisms of these crimes, as these four men may have suffered serious trauma.

True, we don’t know if Long is guilty or not yet. However, the alleged victims should not be dismissed and Long should also undergo the same amount of scrutiny. If nothing else happens, these four men have brought to light a serious issue that could help start the discussion on a crime that thrives on secrecy.

Green living an easily attainable goal

MEDELLA TORO
Contributing Writer

While I can understand the sense of embarrassment on the Black media’s part, I see no reason why they should ease up now on their criticisms of these crimes.

Over the past couple of weeks, I have spoken to many people, including students at the University, who claim “green” is too easy.

I believe, though, that these people are simply ignorant to the simple ways of helping the environment and end up disregarding any eco-friendly effort as inconveniency. What many people do not know is going “green” is easier than they may think.

While many are aware of the high unemployment rate, as high as 11.7% as reported by the Bureau of Labor Statistics, not many people know of the money saving solutions “going green” provides.

The most commonly-known tip is changing to fluorescent light bulbs from traditional ones. Though compact fluorescent light bulbs initially cost more than traditional bulbs at the store, fluorescent light bulbs last 13 times longer, and cost $19.06 as compared to the $39.54 a traditional bulb would cost over a three-year period.

Ecofriendly habits can go a lot further to decrease unnecessary expenses. According to FPL.com, the average home spends $200 a year in heating costs alone.

Repairing leaky faucets or running the dishwasher only when it is full instead of hand-washing can decrease the water bill at the end of the month. In fact, it is estimated that the United States could save 3 trillion gallons of water, about $18 million dollars a year if every household purchased water-saving appliances.

Helping the environment can also help keep you healthy. Walking short distances instead of driving can not only reduce your carbon footprint but provide active exercise.

Because not every distance is exactly walking-distance, bicycling is another healthy alternative to riding a bicycle. As a result, most of their trash is being sent to landfills. These landfills are being created and maintained by our taxpayer dollars. The increasing number of landfills is not only coming out of our taxes but may lead to landfills being built closer to residential areas, negatively affecting the value of our homes.

In contemporary society, many people are accustomed to buying things already done for them, hence McDonald’s $1 billion dollar corporation. I suggest an affordable and healthy food alternative is growing a garden. Growing a garden is also a great way to relieve stress, not to mention an excellent excuse to get the whole family together.

Many people I know have recycling bins provided by Miami-Dade County, but do not use them. As a result, most of their trash is being sent to landfills. These landfills are being created and maintained by our taxpayer dollars. The increasing number of landfills is not only coming out of our taxes but may lead to landfills being built closer to residential areas, negatively affecting the value of our homes.

In simple terms, putting the approximate recyclable materials into bins, Miami-Dade’s curbside recycling program can save up to 182,542 cubic yards of landfill space every year, using our taxpayer dollars more efficiently by keeping our backyards landfill-free and getting materials back into the market as post-consumer products. In fact, if every household participated, it may have the potential of being back on store shelves in as little as 60 days.

Becoming more eco-friendly doesn’t require a whole lifestyle change or a huge dent in your wallet. It can actually save you money, help improve your health and encourage taxpayer dollars aren’t being poured into landfill maintenance.

If some people could weigh the benefits of going green against traditional ways of consumption, they would see how convenient it really is.

Mobile apps zombify

NEDA Ghomeshi
Staff Writer

Our dependence on cell phone applications is taking over our lives. Most college students, including myself, have become so dependent on our mobile technology that we would not be able to function without it. Most mobile users want very practical applications to solve their current problems.

Because of their dependence, users are incapacitated without their mobile device. For most, functioning without it is impossible.

Cell phone applications enable you to stay connected at all times, but they also separate you from the real world. “It is frustrating when my friends are using their cell phone during dinner,” said Aram Devletian, junior, economics. “I can’t even remember the last time I had a simple dinner with no cell phone interruptions.”

In addition to making phone calls, we use our cell phones for emails, news updates, bank statements, music, YouTube, pictures and videos. The variety of apps a mobile device can accomplish is incredible.

Cell phones are practically attached to our hands. Most people can’t help but glance at their phone at least every hour. Usually, there’s nothing important going on, but most still feel compelled to check. This constant desire to check your phone is a bad habit and takes away time from your day.

These days, thinking is secondary. For example, most cell phone users compute the amount they should tip at a restaurant using their calculator application.

This is general math. There is no need for a calculator, but because cell phones are accessible at all times, the thought of completing a hold of math is one’s head is outrageous. An individual’s intelligence is diminishing because of the mobile applications available to them.

I do understand the constant need to be on a cell phone. Honestly, a detachment from it is not going to harm anyone. The information that our cell phone provides will still be there beyond the hour. There is no need to constantly check for social updates.

A very popular mobile application is Facebook. According to Facebook’s “Press Room,” there are more than 150 million users currently accessing Facebook through their mobile device. People that use Facebook on their mobile devices are twice as active on Facebook as those who do not.

These statements are pathetic and shameful. Facebook users should allocate their time spent on the site towards reading the news and keeping themselves informed of current affairs.

Facebook also released information in regard to the average time spent on its pages by a user. They said, “People spend over 700 billion minutes per month on Facebook.”

Facebook users do not need to spend anywhere near that number of minutes on the site. The activities that are being conducted on Facebook are a waste of time.

Nothing substantial is being learned. People are just learning tedious things about other people’s lives.

Cell phones are essential in our lives. They are too easy to use and their convenience is phenomenal. Our cell phone dependence is causing a drift between real communication and cellular communication.
Every time I see a tall, long-haired, blonde, surfer girl I think of Monica, my girl crush. I met her in class my freshmen year and we hit it off immediately.

By the second week of class, I found myself being walked half-way to my dorm room by Monica and enjoying myself along the way. It became our routine on Mondays, Wednesdays and Fridays.

I had no idea she was a lesbian until one day she mentioned her ex-girlfriend in passing.

Soon after, I inevitably started to wonder whether she found me attractive. Then I started questioning myself. If I’m attracted to a lesbian, does that make me bisexual or even a lesbian?

Having a girl crush is more like having a deep admiration for another woman. You think a she’s pretty, has a great personality and you want to be just like her.

It’s normal. Don’t worry, you’re fine. But like my lesbian friends tell me all the time: just because I may have a girl crush doesn’t mean I’m a lesbian.

Heterosexual, homosexual and bisexual all have the word “sexual” in them, so as a girl, if you don’t want to get sexual with any other girls, then you’re straight.

This is how I feel about Monica.

Seemingly homosexual crushes are completely normal for straight people and probably happens more often than some straight people would like to admit.

It’s just a non-sexual, emotional crush. It doesn’t mean you’re gay.

In retrospect, my attraction to Monica probably originated from her good looks and matching personality. Every time we were together I couldn’t help but laugh hysterically at her jokes and enjoy her company.

However, if you like a large amount of women and do want to kiss them and do sexual things with them, then you might be bisexual, lesbian or questioning.

If you’re not involved in a relationship right now and have a strong sexual attraction towards another woman, just go for it and see where it leads.

It may open you up to a whole other realm of experiences you never knew were possible. You might discover a part of your identity that you never knew existed.

If you ask her to hang out, spend an evening bonding with her and you’re suddenly slapped with the realization that, too much anything, just want to lean over and kiss her, this should be a red flag.

Hopefully she’ll be able to understand and appreciate your “first-timer” sentiments. Some people have different views as to staying in the closet and for how long.

Some people would rather let people come out at their own pace, if they so choose to come out at all. Others would sooner you scream it at the top of your lungs.

If you’re not overcome with these sexual feelings for her, then that’s okay, too. You’ve just gained a new friend of a different variety. Just be up-front about it because you may be more invested into the bonding night than you were.

I didn’t even have Monica in any other class, I was her friend on MySpace but lost her in the Facebook transition.

We had no other friends in common and I forgot her last name so I was never able to befrend her outside of class.

The last time I saw Monica was sometime last year.

I think I shared an elevator with her, but I didn’t realize it was her until she was about to step out into her floor. I just didn’t have the guts to go after her.

Monica, if you’re reading this, my email is at the bottom of this column.

But in full disclosure, I’m not a lesbian and I have no interest in being with a girl. I just want to chat and reminisce.

On The Prowl is a bi-weekly column published on Wednesdays. For questions or comments email lianamar.davila@fiu.edu.

Creative Writing Program brings back reading series

ALEKSANDRA HOLUBOWICZ
Contributing Writer

Every year the Creative Writing Program invites authors from all over the country to participate in the Writers On The Bay Reading Series, during which they will read excerpts from their published works.

The series was founded by Les Standiford, novelist and director of creative writing, in 1985 with the assistance of a grant from the National Endowment for the Arts.

This series is held annually in conjunction with: Barnes & Noble; the Florida State Arts Council, HCL Publishers and BV Vines and have all continued to present writers from all walks of life.

The main purpose of the series is to help writers meet other writers in the South Florida community. Also, meeting other locals with a similar passion helps further expand their creative writing expertise.

The Writers on the Bay Reading Sessions mostly take place at the Biscayne Bay Campus at 8 p.m.

During readings, authors aren’t limited to only reading from their published works. They may explain their inspirations, writing process or whatever else they feel the need to share with the audience such as their approach to style or usage of voice. Each reading is concluded with a question and answer session followed by a book signing.

A. Manette Ansay, author of six novels, master of fine arts, and professor at the University of Miami, will make an appearance on Oct. 28 at 8 p.m.

She will be reading from her published works, including “Limbos,” which is a memoir of a woman living with a mysterious muscular disorder.

The story was an inspiration because of the age of 23 she was confined to a motorized wheelchair.

She revisits the abrupt changes she had to face while retreating to writing as an escape from her reality.

Past invitees Robert Olmstead and Tom Healy have helped aspiring writers open their minds to more genres and new ideas.


Healy’s poetry explores topics that everyone can relate to. From bodily suffering to the ambivalence of social relationships, Healy expresses himself with an emphatic voice and a wry style of writing, causing his readers to delve into the inner workings of the human psyche.

Generally, readings occur once every two to three months. The next two readings will be on Dec. 2 and Feb. 24.

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