University gets ready for Irene as it heads to east coast

NICOLE CASTRO
Staff Writer

Although South Florida has not been hit by a severe hurricane since Wilma in 2005, officials at the University’s International Hurricane Research Center warn that 2011 will be an above average season that residents should prepare for and closely monitor.

According to the National Oceanic and Atmospheric Administration, last year was the third busiest Atlantic Ocean hurricane season on record, but none of them made their way to South Florida. Currently, Hurricane Irene has churned into a stronger Category 2 storm and has cut a destructive path through the Caribbean as it heads toward the U.S. coast.

Forecasters at the U.S. National Hurricane Center in Miami said Monday night that a hurricane hunter aircraft measured maximum sustained winds of 100 mph (155 kph). The storm raked Puerto Rico with strong winds and rain. It is spinning just north of the Dominican Republic on a track that could carry it to the U.S. Southeast as a major storm by the end of the week.

The first hurricane of the Atlantic season was a large system. Irene is forecast to grow into a Category 3 hurricane with winds of 115 mph over the Bahamas on Thursday. It could be that strong as it heads to the U.S. coast. It could perhaps land in Florida, Georgia or South Carolina.

Erik Salna, associate director of the IHRC, says that he expects a lot of storms as were seen last year, even though the behavior of the steering currents remains unpredictable. “We are hoping it will be like last year that they all curved in the Atlantic Ocean, but we just don’t know yet,” said Salna. “Right now we are in a roughly 30 year cycle of hurricane seasons that started in 1995, so here we are in 2011, half way into it, meaning there is a possibility that for the next 15 years we are still going to experience above average hurricane seasons.”

The Management Advanced Research Center building at the Modesto Maidique Campus is home to the IHRC, Florida’s official hurricane research center for the State University System, as well as the formal liaison for the National Oceanic and Atmospheric Administration’s Tropical Prediction Center and National Hurricane Center.

Salna emphasized that “people’s memories are short, historical records are long” and that preparation should be a top priority for residents of South Florida. Perla Salazar, a senior biology major, says that she has not prepared because “people are not talking about it.”

While hurricane season has not been among many circles of
ASSOCIATED PRESS

Stocks inch higher, shaking off 4 weeks of losses

MATTHEW CRAFT  AP Staff

It was another day of big swings in the Dow Jones industrial average, but at least Monday ended with a modest gain.

The Dow soared 200 points in the morning, an encouraging start after four weeks of losses. By noon that gain shriveled to just 2 points, then came a rise of another 100 in the afternoon. At the end of the day, the Dow closed up 37 points.

Compared with the even wilder fluctuations over the past two weeks, Monday’s trading looked relatively calm.

The Dow has gained or lost at least 200 points eight days in August, including a 419-point plunge last Thursday.

A flare-up of Europe’s debt crisis and fears of a new U.S. recession have shaken investors, taking the Dow down 15 percent in one month.

Hewlett-Packard Co. rose 3.6 percent, the most of the 30 large companies in the Dow Jones industrial average. HP sank 20 percent on Friday after

saying it planned to sell its PC business and stop selling other products.

Bank stocks, which have been clobbered over worries about Europe’s debt crisis, took another fall. JPMorgan Chase & Co. dropped 2.7 percent.

Bank of America lost 7.9 percent, the biggest drop among the 30 Dow companies. Analysts at Wells Fargo cut their price target on the stock, citing fears that the U.S. could slip back into a recession.

Sam Stovall, chief investment strategist at Standard & Poor’s equity research, cautioned against reading too much into the market’s early jump Monday. “A two-hour rally isn’t enough to change the trend,” Stovall said. “It’s natural in a declining market to have some days that run counter to the overall trend.”

The S&P 500 index has fallen 16 percent since July 22 and 13 percent this month, putting the broad market measure on course for its worst August since 1998.

After falling four weeks in a row, some stocks are appearing too cheap for investors to pass up, Stovall said.

Investors are still worried that the economy is falling into another recession. Some hope the Federal Reserve announces some kind of action to help the economy when it holds its annual retreat in Jackson Hole, Wyo., on Friday.

It was at the same conference a year ago that Federal Reserve Chair Ben Bernanke hinted that the central bank would buy Treasury bonds to push interest rates lower.

The Dow rose 37 points, or 0.3 percent, to close at 10,854.65.

The S&P 500 rose 0.29 percent, or less than 0.1 percent, to 1,123.82. It had been up as many as 22 points. The Nasdaq rose 3.54 points, or 0.2 percent, to 2,345.38.

Stocks have fallen for four weeks on signs that the U.S. economy is slowing. The sharpest drops came Thursday with news of weaker manufacturing in the mid-Atlantic states and an increase in the number of people who applied for unemployment benefits.

The Chicago Board of Trade Stock Index for Options Exchange’s volatility index has soared 68 percent this month. That’s a sign investors are anticipating more wide swings in the S&P 500, the index most professional investors use.

The index fell 1.4 percent Monday to 42. The VIX index was below 20 for most of this year but spiked as high as 48 on Aug. 8 as the stock market’s swings accelerated.

Treasury bond prices and gold have been rising this month as investors seek refuge from the turmoil in stocks. The yield on the 10-year Treasury note dipped below 2 percent last week, a record low.

The yield ended the trading day at 2.10 percent Monday. Yields on bonds fall when demand for them increases.

Gold jumped 0.7 percent to $1,892. Gold has gained 16 percent so far in August. It reached $1,900 in after-hours trading.

Six of the 10 industry groups in the S&P 500 rose. Telecom stocks rose almost 1 percent, the most of any industry in the index.

The index has soared 4.8 billion.
Scott orders investigation into deletion of emails

Gov. Rick Scott on Friday ordered an investigation into the deletion of emails written by the governor and some members of his transition team.

The emails were written before Scott took office in January but after he was elected. They were lost when the private company handling email for Scott’s transition office shut down the accounts. The deletion of the emails could be a possible violation of law.

Christopher Kise, a Tallahassee attorney who worked on Scott’s transition team, said that many of the emails — including those written by Scott and senior staff — have been recovered by obtaining them from personal email accounts.

But he acknowledged that there is no way to know for sure if all emails have been found.

Wis. Republican Ryan says he won’t seek presidency


The Republican congressman from Wisconsin issued a statement Monday saying he appreciates supporters urging him to seek the 2012 nomination, but he hasn’t changed his mind about staying out of the race.

Ryan chairs the House Budget Committee and crafted a GOP budget plan this year aimed at slashing federal spending on programs such as Medicare.

The congressman from Janesville says he hopes the GOP will nominate a candidate committed to an agenda that “restores the promise and prosperity of our exceptional nation.”

He added that he’s grateful to his constituents for the chance to advance that effort in Congress.

Compiled by Melissa Caiceres

NATIONAL

The Beacon — Wednesday, August 24, 2011
COMING UP EMPTY
Stetson, Florida hand FIU losses on opening weekend

BY ANTHONY GUINAS
Staff Writer

After suffering a devastating loss at the start of the season at the hands of the Stetson Hatters on Aug. 19, the Golden Panthers had their sights set on their next opponent: the Florida Gators.

The Panthers hoped to show their home crowd why they are a juggernaut in the Sun Belt Conference and pick up an upset win. But it would not be an easy task, as the Florida Gators came into the match ranked third in the nation.

At exactly 7:00 p.m., both the Panthers and Gators took to the field and the game immediately became a tug of war between the two teams. FIU goalkeeper Kaitlyn Savage was tested early on by an aggressive Gator offense, but was able to keep them at bay for most of the first half with several key saves.

But Savage was not able to hold them off long enough as the Gators broke through the Panther defense and took a 1-0 lead in the 39th minute of regulation on a long shot by Tessa Andujar. The goal gave Florida a one-goal lead heading into halftime.

In the second half, things got worse for the Golden Panthers as they struggled to neutralize the potent Gator offense and were unable to gain any kind of momentum offensively. In the 62nd minutes, the Gators broke through again when Annie Speese and Tahnai Annis caught the FIU back line flat-footed. Speese crossed the ball from the right side to Annis, who put a shot past goalkeeper Kaitlyn Savage.

The Gators would then go on to dominate the rest of the game and would end up winning by a 2-0 score. “They are a good team, they are not in the top 10 for no reason,” Coach Thomas Chestnutt said. “Best Florida team in a long time … the quality is very high.”

It was very clear throughout the game that the Gators speed was just too much for the Golden Panthers to endure, as the second half was completely dominated by the Gators’ agility.

“The speed in the attack was very good, we were not able to match it,” Chestnutt said.

As time went by and confidence began to wane, the Panthers, that would be the turning point of the match. As the Gators broke through for the second time, the Panthers were unable to gain any kind of momentum offensively and were unable to do much with the ball. But it certainly was not for a lack of effort, as the Panthers dominated the offensive side of the ball, keeping Stetson under heavy fire throughout the game.

“The team played hard and created some great opportunities throughout the night and we’re unfortunately not to be up by more than one,” Coach Thomas Chestnutt said.

The two goals that went against the Panthers were both netted by Stetson’s Alexis Hernandez, one of which was a lack of the draw goal as the ball was deflected to Alexis in the last moments of regulation in the 89th minute.

“She was in an opportune spot on the second goal,” Chestnutt said. “Stetson hung around and cashed in at the right moments and that was it … Congrats to Stetson for finding a way to win.”

As much as this loss stung the Panthers, it definitely did not shake their confidence as Chestnutt still believes wholeheartedly that this was just a simple bump on the road of what will be a long season. “The girls did a good job in most areas tonight and we were happy with our performance,” Chestnutt said.

Golden Panthers finish their preseason with win over Barry

BY ANDRES LEON
Staff Writer

Expectations have always been high for FIU men’s soccer. Being the only men’s team in the history of the university having reached a Division-I championship game echoes in the minds of today’s team.

Last summer, the Golden Panthers began their pre-season against the Barry Buccaneers, only to fall 3-0 to the uptown rivals.

It was a wake up call then for all players to pitch in and help carry the load as some of their key players recovered from injury.

“This season is going to be different,” said Coach Munga Eketebi.

The Golden Panthers would get their revenge with a fresh squad beating the Buccaneers 2-1 early on Aug. 20. Jahlari Willis would score first for FIU off an early corner to put them up 1-0. “We’ve been playing with more fluidity, and when you can find space in such a tight game, you make it easier to score goals,” said Willis after scoring the opening goal.

Later on, international standout Sebastian Frings would find the back of net for FIU. After attaining a comfortable 2-0 lead, the Golden Panthers could rest some of their starters and spread out the playing time. All three goalkeepers were in net at some point during the match, while newcomer Erick Reyes seems to be the favorite to receive the starting job.

Reyes accounted for two excellent saves in the game. After stopping a late volley from a Buccaneer forward, it was time to give the keeper some rest. As time went by and confidence grew, the Buccaneers would threaten in the closing minutes. Eventually, Barry would score a consolation goal later in the match but it would not be enough for the Buccaneers, giving the Golden Panthers a one-goal win. “It’s good to win these exhibitions,” Coach Eketebi said. “It’s really important to build confidence going into the regular season and also have all your players fit.”

FIU men’s soccer will open up their season against Nova Southeastern on Friday Aug. 26. Kickoff is scheduled for 7:00 p.m.
PRESSURE TO REPEAT

Past Sun Belt champs struggle to repeat. Will FIU?

The FIU Golden Panthers have set the standard for years to come. Winning seven games a year ago has raised the bar for a team that still has to show it can continue that success this season. If the Golden Panthers cannot at least match its success from a season ago, this year will be a disappointment.

This is a season where FIU has many of its star athletes stepping into a leadership role, where coaches will have to rely on these seniors, like T.Y. Hilton and Wesley Carroll, a duo which has been through highs and lows in their collegiate careers, to lead a team which returns 49 players on both sides of the ball. Those leaders will have to prove themselves early on in the season to make a statement that this team is no fluke.

In the past, former Sun Belt champions have struggled to keep their crown. Middle Tennessee and Florida Atlantic faltered under the weight of the pressure to repeat in a wide open conference. If your name is not Troy, you are going to struggle the following year.

A lot of expectations have been put on this team this season. They are not starting the season with the top tier college programs anymore. There are no more Florida’s, Alabama’s, or Texas A&M’s to deal with this season.

The opening game this year should not be hard, at least in comparison to the previous openers. FIU has beaten North Texas in each of the past four seasons. The last time that the Golden Panthers lost to the Mean Green was in an epic seven overtime game, which tied an NCAA record for longest game. The second game of the season will be another story.

Louisville is not the same old Cardinals that they use to be. It is a program in a rebuilding stage that could be knocked off. If FIU really has the aspirations of leaving the Sun Belt, as many speculate, then this is the kind of competition that the Golden Panthers will need to be able to beat.

NATIONAL EXPOSURE

This year, the Golden Panthers have been presented an opportunity to open eyes across the country. In seven of their first eight games this year, FIU will be televised nationwide against a variety of competition, five of these games will be played at home. From Louisville to Louisiana, the Golden Panthers may find themselves being the favorites against teams that, just last year, would have been huge underdogs.

This is the chance for the spotlight that FIU has been waiting for. The level of play has been raised, the coaching staff is more experienced, and there are more fans following the program than ever before. There may be only one issue with this team. That is, how will they handle the spotlight and pressure to repeat in a wide open conference. If your name is not Troy, you are going to struggle the following year.

As of Monday, all signs were pointing toward Ohio State receiver James Louis transferring to FIU. It is a great thing that FIU has been given this chance to show off to the nation what they can do. My concern is that the team may not be ready for the national spotlight. Some teams, when they get to the top of the mountain, they tumble right back to where they were.

For example, in 2009, the Central Michigan Chippewas went 12-2 and recorded one of their best seasons in school history. However, in 2010, the team fell off and went a shocking 3-9, finishing tied for last in the Mid American Conference.

Now, I’m not saying that the Golden Panthers are looking at a season like that. They just need to be wary of a similar scenario playing out. The offense has enough players returning to the starting lineup to be just as productive, if not more, than they were last season.

While defensively, the team lost leadership in linebacker Toronto Smith and corner-back Anthony Gaitor, the rest of the defense got a year older. Players like Jonathan Cyprien and Tourek Williams both matured into their roles last year and led by example. They were both top ten in tackles, with Cyprien leading the rest of the defense in tackles (113). If the Golden Panthers aren’t wary of these holes, it could impede a chance at another record setting season, especially with how the schedule plays out.

Past Sun Belt champs struggle to repeat. Will FIU?
FOOTBALL

With transfer looming, FIU focuses on special teams

JACKSON WOLEK
Staff Writer

The first week of the fall semester is underway for FIU students, but the football team has been going strong since Aug. 3 in fall camp in preparation for their first game against North Texas on Sept. 1. And beyond all the talent that FIU has at the moment are the transfers that could be coming in to the program from larger schools that can help.

Wide receiver James Louis from Ohio State, a former four-star recruit, according to Rivals.com, was expected to make an announcement of his transfer to FIU sometime Aug. 22. Head Coach Mario Cristobal could not comment on the situation regarding Louis and whether he will be coming to FIU or not, but Louis is looking at other schools such as USF and University of Miami.

Whether Louis comes to the Golden Panthers or not, starting quarterback Wesly Carroll will have targets to throw to.

“We feel real good about the emergence of Dominique Rhymes, a young guy who’s really been productive in camp so far,” said Cristobal. “I’d like to see Mike Jean-Louis in full health. He said he’s supposed to be fully healthy by tomorrow, he got a little dinged up in camp but he was really coming on well and Wayne Times is playing some real good football for us.”

A transfer that FIU has just picked up is a running back from West Virginia, Daquan Hargrett. Hargrett played his high school ball at Northwestern Senior High, where he scored 17 touchdowns in his senior season.

At West Virginia, he had just three carries his freshman year. He will be entering as a redshirt sophomore, and the other schools that he was looking at were Clemson, Iowa State, Minnesota and South Florida.

As Hurricane Irene barrels down on the Caribbean islands, it is expected to make landfall in South Florida some time this Thursday or Friday as perhaps a category 3 storm. This, however, according to Cristobal, will not force them to miss any practices.

“We will plan around it, and it really shouldn’t affect us,” said Cristobal. “We have a grade 1 emergency plan, grade 2 emergency plan and grade 3, so we won’t miss a practice. I can promise you that.”

Cristobal does not want any excuses of the storm affecting the outcome of their first game. He feels that if he takes the approach of the storm coming as inconvenient, his team will, too.

“I can promise you that.”

2 spot, whereas two of them are already set. One guy who has been noticeably missing in all of camp is redshirt sophomore Laveez “Pooch Bear” Marz. Coach Cristobal still says that Marz will be here, but has not said when. It is surprising to see freshmen Richard Leonard wearing the No. 3 jersey at camp since that was Marz’s number.

FU football is hoping that Hurricane Irene stays away from South Florida with just over a week before opener.

MIAMI DOLPHINS

Strong performances build confidence with Dolphins

AP WIRE

The Miami Dolphins are feeling good about themselves.

“We’re starting to form a little bit of credibility here amongst each other,” coach Tony Sparano said Saturday, a day after Miami improved to 2-0 in the preseason with a 20-10 victory over Carolina.

“There’s a good feeling. I think they’re liking what they’re doing,” Sparano said. “We’re starting to feel him a little bit, I think the team is starting to form that chemistry amongst each other,” Sparano said.

And the offense, which is more diverse under first-year coordinator Brian Daboll, is moving the ball effectively.

This is fairly close to what Sparano envisioned when putting this team together, especially the part about Bush igniting an offense that finished 21st in the 32-team NFL last season. Bush, who was surprisingly effective at running between the tackles, was electric Friday night, and Sparano finally had a chance to enjoy his work instead of being a victim of his work.

“I knew exactly what the guy was,” Sparano said. “I’ve been on the sidelines watching him run down the field.”

But even with everything Bush did, perhaps the most encouraging aspect of the offense might have been the usually mistake prone Henne not making any mistakes. He was enthusiastic in the huddle, his passes were thrown with purpose, and he even scrambled for a few yards. All are changes from a year ago.

“I think this guy took a tremendous step forward (last) week on the practice field, and I think the team is starting to feel him a little bit,” Sparano said.

Miami still has plenty of problem areas. Left tackle Lyndon Murtha (three penalties, 25 yards) is still filling in for Jake Long (knee), the three-time Pro Bowl selection.

Stetson coach a former player

SOCCER, page 4

But as much as this game was lost by a simple deflection, the Panthers still found some things that stuck out.

According to Chestnutt, the team needs to execute on both sides of the ball and sharpen their game up a bit.

In another turn of events, the coach of the Stetson Hatters was none other than FIU alumnus Julie Orłowski, who holds the second most saves in the history of FIU with 125 and is tied for first place for most shutouts with seven.

When asked if there was any pressure coaching against a former member of the program, Chestnutt said there was none.

“No, not at all. She is also a friend of mine,” Chestnutt said.
WHERE THE WILD ART IS

Student mural depicts the life of Yagua tribe

Students of the Honors College and the Art and Art History School (above and left) on campus spent Tuesday and Thursday afternoons this summer painting a mural showing the journey of the Yagua tribe from the time of the European conquest to the present.

EDDWIVE SEME
Contributing Writer

Snakes, plants, conquistadors and Indians lurked along the walls of the Graham Center Art Gallery at the Modesto Maidique Campus in an effort to spread awareness about the Yagua tribe of the Amazon.

The students of the Art and Art History School and the Honors College created a visual timeline of the history of the Yagua tribe and included vivid details of their natural habitat in the mural.

“With this mural, we expect to spread awareness and bring in more people to join,” said Miguel Saludes, a junior and fine arts major. “We need to make the government recognize the Yagua Indians.”

“When people see this mural, they’ll stop and ask questions about it,” said Alvaro Labanino, a senior and fine arts major.

The students of the Honors College Amazon program, led by faculty fellow, Jim Riach of the Department of Environmental Studies and the Honors College and Dr. Devon Graham, an adjunct professor in the Honors College, go to the Peruvian Amazon every year to help out the Yagua people in any way they can, trying to keep their culture alive.

“The kids don’t really know their history because it’s not being taught as much as it should in the tribe,” said Riach, who fears that their history might be lost if something is not done to record it.

The annual project began in 2008, when Riach received approval to take a group of students to the Amazon to help the Yagua tribe.

“We do many different things for them every year,” said Riach.

FIT FOR LIFE!

Without proper food picks, working out could lead to crash

As a Recreation Center regular, I often notice students struggling to push through their workouts due to their lack of fuel. From personal experience, I have learned that what you eat and when you eat can make or break your workout performance.

I discovered this truth when I felt light-headed and had to leave the room during a high energy cardio sculpt class. Baffled because I had eaten and hydrated prior to working out, I searched the internet for an answer because I needed to learn how to avoid another cardio crash. Below are some fitness foods I have discovered that we can all use to fuel up for the next workout.

As a peanut butter lover, I recommend eating a classic peanut butter sandwich on wheat bread two hours prior to exercise. This simple snack is filled with complex carbohydrates, protein and healthy fats that will give you the energy boost you need to push through your workout. The complex carbohydrates in peanut butter breakdown into smaller sugars that are used to fuel muscle contractions and help prevent the body from using protein as a primary fuel source. This is important because the body needs protein to build and repair the muscles post workout.

Another pre-workout snack that caters to my primal side is a classic peanut butter sandwich on wheat bread two hours prior to exercise.

CARBS, page 9

“Watch The Throne” falls flat despite the big name talents

One of the most highly anticipated rap albums of the summer, “Watch the Throne,” is the latest return of two of the biggest rap names in modern music.

After great anticipation and what proved to be one of the most secure album releases ever, “Watch the Throne” has shared material with the public that feels more akin to a mix tape than a full-fledged album.

The production of the record was done over the course of eight months and included emerging stars such as Frank Ocean from Odd Future and Justin Vernon from Bon Iver (whom, curiously enough, was not aware of his contribution until after the album dropped). This certain element of secrecy added to the ongoing hype.

However, it also drastically altered the process in which the record was created and ultimately the feel of the final material as more of an experiment than a massive production due to the very limited amount of people involved in the creative process.

In general, most albums tend to leak approximately two weeks before the street date; an ugly fact of the current nature of the music industry, but a seemingly inevitable factor of the
Jay Z and Kanye West rest on their laurels in new record

Rapper Jay Z (right) shares the stage with guest performer Kanye West (left) during concert in New York’s Yankee Stadium on Sept. 13, 2010.

Instead, we are treated to a much older structure more akin to artists such as Run-DMC, where the artists intertwine even words within the same verse. This allows for an interesting intercalated structure that is richly combined with some of the best beats released this year.

This structure mutes some of the best qualities the artists have to offer; it seems this same spirit of collaboration took away from the individual brilliance each rapper presents in their own records.

This reviewer feels interested to see what “Watch the Throne” could possibly offer next, but more as a matter of academic curiosity than as a ravenous fan.

Sadly, it seems that Jay’s need for erudite art references, such as talk about Maybachs and “planking on a million bucks,” could have very well pushed aside past memories of the Macy projects.

Kanye’s boisterous nature shines through as per usual, but the introspectiveness of “808’s And Heartbreaks” or “My Beautiful Dark Twisted Fantasy” is AWOL from what could have been one of the best rap albums of the year.
ANDRES RUIZ-CASTAÑEDA
Contributing Writer

Travelers on a budget have
never had it so good, and the
how different a person’s experience
is included in the most comprehensive
collections of past and present is included in the
Wolfsonian by Laurence Miller
differential treatment and service
vestibule.

A new exhibit demonstrates old life for cruise passengers

Eating complex carbohydrates are a pre-workout must

CARBS, page 7

to those who only have an
hour to spare combined is a
bowl of granola cereal.
At around 50 grams of carbohydrates with a small
amount of protein, granola quiets the stomach and
possibly decreases muscle soreness. For those of you
who are not huge granola fans, a small serving of the
 cereal did not appeal to my taste until I came across Quaker’s
Oats and Raisins Natural Granola. With its sweet flavor and
 crunch texture, this breakfast cereal is sure to satisfy
the taste buds of any gym junkie on the run. Just make
sure to measure your servings with care; half a cup of
this gratifying granola cereal can come close to 200 calories.

If you are bolting out of
class with less than thirty
minutes to spare, go for a
small serving of pretzels or
apple sauce with 25 grams of
carbohydrates.

It is important to choose
a Light snack with 25 grams of carbohydrates or less
when pressed for time for the body to start converting
the food into energy. If consuming immediately
after exercise, many students will feel a
snack with about 15 carbo-
hydrates. Knock back an
ounce or bottle of Gatorade
or chomp on a small apple so you will not be running on
empty.

There are many possibilities
for carbohydrates in sports drinks and fruits
allow for rapid absorption and are a fast way to obtain
energy for exercise. It is not wise to eat a heavy complex
carbohydrate meal before a workout. It will take much
longer for the body to process it and it will actually decrease
workout performance.

No matter what time
you plan on eating for your
workout, remember to always hydrate and rehy-
drate with plenty of water.

Drinking 15 to 20 ounces of water to three hours
prior to exercising and eight to ten ounces 10 to 15
minutes before exercising is a sure way to thwart off
dehydration and speed up your metabolism.

In addition, you should also consume eight to 10
ounces of water for every 10 to 15 minutes of exer-
cise to compensate for any fluids you have lost from
sweating.

Reward yourself post
workout with a tall glass of
chocolate milk. This three to one mix of carbohydrates
and protein helps the body recover from its hard work by taking on the high
metabolic rate and reducing muscle soreness.

Running on empty is
never a good idea. With
proper fuel and good timing, students can boost through
their workouts without falling victim to a crash.

Prior to becoming a
student at FIU, I traveled around the South Atlantic
region as a competitive figure skater.

Throughout my nine
years of competitive skating, I reaped the benefits
much more than adequate
and healthy eating is important in
day life.

My passion for fitness and
healthy eating has allowed me to become a

cardio and abdominal condi-
tioning instructor at the Rec
Center and share my knowl-
edge with other students
here at FIU.

This week on campus

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**PLANNED ARRIVAL**

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<tr>
<td>12:30 p.m.</td>
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<td><strong>WOMEN IN LAW SOCIETY WELCOME BACK MEETING</strong></td>
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**WRITE TO CALENDAR@FIUSM.COM TO HAVE YOUR EVENT FEATURED!**

**YAGUA, page 7**

“One of the problems that they
currently face is the increasing loss of their
identity,” said Labanino. “In the past,
their identity, said Labanino. “In the past,
they were in the past.

This is the first of what Luca
hopes to eventually be able to open an exhibit using pieces from Miller’s sizeable
donation.

“Cruising nowadays is much
more egalitarian than it was before,” Lucas said.

Students have, in fact, been
using the collection to help in
their research and studies.
This is a collection for FIU
students, and Tourism Management students have come just to see cruise menus from the ships in the 1920’s and
1960’s to see what was being served. They even compare French and English menus.

Although only some pieces are
present in the exhibit, students can make an appointment with The Wolfsonian-FIU, and any piece on not
displayed can be pulled from the overall enormous collection to be viewed and researched as
needed; others can be viewed from anywhere in the world on The Wolf-
sonian’s online digital sampling.

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displayed can be pulled from the overall enormous collection to be viewed and researched as
needed; others can be viewed from anywhere in the world on The Wolf-
sonian’s online digital sampling.
Aid is the answer to ending war on terror

I have waited to write an article about America’s wars because, quite frankly, I was waiting for the United States to start building better communities and opportunities for the locals and serve as a deterrent to prevent these individuals from being radicalized. It is more cost-effective to prevent crime than react to it. By providing an economic avenue for these men in a way that has tangible benefits in the short term, American security will be better in the long run.

The donation of development aid, which aims to create long-term solutions to poverty, will create sustainable employment and improve the overall quality of life in the regions that need it. The creation of jobs and a sustainable economic model will provide options for the locals and serve as a deterrent for terrorism.

To win the war on terror, America needs to aggressively target the countries we are currently engaging with aid, not drones. By building better communities and opportunities for those that would otherwise take arms against us, we can prevent them from doing so. After all, the best weapon is the one you never have to fire.

"The Politick" is a biweekly column examining politics.

Google+ creates a refuge for privacy

KELLY MALAMBRI
Staff Writer

Google+ has excited many social networking fans, like me, to explore the innovative company’s way of social networking. Google+ is a more secure choice of social media, and I think that students at the University should use Google+ and take advantage of its incredible privacy features.

When friends are added on Google+, users are automatically asked to put them in a “circle,” ranging from titles such as friends, family, acquaintances and co-workers. Circles allow you to divide your “+1s,” the equivalent of friends on Facebook, into distinguished groups with one click.

The simple way of separating +1s provided by Google+ is a convenient, quick and effective way for users to differentiate friends, co-workers and family, making social networking more like socializing in real life. In a world where one does not tell their mother everything they tell their best friend, this more realistic way of social networking is a welcome, much-needed change from other forms of socializing on the web.

It is possible to control such privacy on Facebook; however, the process is much more difficult. On Facebook, when users want to prevent certain people from viewing specific posts or pictures, they must add friends individually to a list of those who cannot view it. This process is tedious and annoying. The ease with which Google+ allows me to socially network the way I live real life.

The site has benefited me by allowing me to socially network the way I live real life: by keeping my family, friends and co-workers from knowing all of the same information.

Google’s easily accessible privacy features will serve many great purposes, such as keeping personal matters in seclusion and allowing more life-like ways of socializing with ease. The privacy settings the website provides are better and less confusing policies than the ones other social media websites have to offer.

Google+ creates a refuge for privacy

FAVOR FLORES
COLUMNIST

Google+ is a convenient, quick and effective way for users to differentiate friends, co-workers and family, making social networking more like socializing in real life.
IDEAS inspire projects for greener initiatives

KATRINA BRUNO
Staff Writer

In recent years, FIU has been working to reduce its carbon footprint and is now doing so with the help of a new student run organization, IDEAS.

IDEAS, Intellectual Decisions on Environmental Awareness Solutions, is a national student organization that was created with the goal of educating, empowering and engaging students in becoming active in environmental sustainability by offering innovative solutions through research, action and environmental awareness.

IDEAS has sparked the inception of several programs geared towards a greener FIU, including recycling programs, energy conservation competitions and farmers’ markets.

“There are many initiatives such as invasive species removals, native species plantings, recycling drives, garbage clean-ups around FIU and the communities that surround them,” said Brian Zirulnikoff, Miami director of IDEAS and international relations student.

One of the major projects taking place in and around campus is the greenhouse located at the Alonzo and Tracy Mourning Senior High School by Biscayne Bay Campus.

“This greenhouse houses about 1,000 mangrove propagules that we grow and plant every year. It also has over 15 types of organic veggie seedlings growing outside of the greenhouse there are three garden beds with several veggies growing successfully in them,” said Zirulnikoff.

Other programs include: BBC in Bloom, which focuses on landscaping at BBC to help create a habitat for native flora and fauna to grow and Board our Bay, a guided kayak tour of nearby Biscayne Bay.

IDEAS isn’t alone in the quest of creating a greener campus. According to GoGreen.fiu.edu, the FIU Facilities Management Department implemented a five year Energy Conservation Plan to help the University reach its goal of becoming greener.

The plan outlines a wide variety of projects and goals to help reduce energy consumption such as replacing old light bulbs with bulbs that use less wattage and an Energy Management System that centrally controls temperatures in 95 percent of buildings on campus.

And their efforts seem to be working; for three years running, FIU has ranked first in energy efficiency out of all the state universities in Florida.

IDEAS has also received recognition for their work; in 2010 they received the Clinton Initiative Award twice and have also received the Florida Wildlife Federation Conservation Organization of the Year award.

The work of students, faculty, staff and environmental activist groups, such as IDEAS, continue to be the catalyst that is helping FIU transform into the greener campus it hopes to become.
CANDACE CALDWELL  Contributing Writer

Most people think of disabilities as something that can be seen. That’s true for some conditions, but others, like learning disabilities, aren’t easy to spot, but may turn out to be a genuine disability that no amount of effort or work can overcome without help.

FIU defines a disability as "a physical or mental condition, which substantially limits one or more major life activities.”

The Center’s Mission Statement says: “The Disability Resource Center’s overarching mission is to provide our students the necessary support to successfully complete their college education while at the same time, promote their independence and self-determination. We advance the expressed choice of our students and seek their full inclusion into the mainstream of university life and into that of the larger society.”

Kathy Tritono, associate director for the BBC Center, said that she wants students to know that the Disability Resource Center can help them to achieve their academic goals by determining how their disability impacts their ability to learn. The Center can then provide accommodating services to overcome the effects of their disability on academics.

Amaal Arifio, a BBC senior with a major in Women’s Studies, said, "The DRC cuts through the red tape and serves as a liaison between the University and students with disabilities. Kathy Tritono is a fierce advocate for us. She overcomes obstacles daily due to her own disability and is an inspiration to me. She makes the Center inviting and helps us get to know each other.”

The services provided by the Center are varied, but include priority and early registration, accommodation in the classroom and labs to include extra time, testing accommodations, and assistive technology. Students can also take advantage of special recorded texts and other materials, such as Braille typewriters, print magnifiers, screen readers, electronic readers, smart pens, digital textbooks and reading material and on-campus video relay signing.

Some students require accommodations such as tests administered in a quiet, distraction-free setting. Others require extended test times, or the use of calculators or other aids. If a student receives testing accommodations, they can receive the same for admission placements and other standardized tests. The Center suggests you contact them at least six weeks before you will need such accommodations.

Students with disabilities may require course substitutions in order to pass their course of study and the Center can help facilitate that process. Many students wouldn’t graduate if they weren’t able to get such a waiver. Waivers depend on the nature and extent of the disability and if a great deal of modification must be made to the course of study it may not be possible. Sometimes the process to get a waiver can take several months, so students shouldn’t wait until their last semester to apply for one.

Some persons with disabilities find that they require physical accommodations, such as

DRC provides assistance for all disabilities

CRISTINA MIRALLES  Staff Writer

Able to make over $100 with a promotion with Chili’s on July 26, alternativeBreaks has been able to provide in numerous ways. Students have to bring in a flyer and 10 percent of their bill went to all.

“Not only [did students help] out a great group, but they [had the chance] to be there with friends and having a good time as well,” said Ariana Marquez, marketing and recruitment chair.

After winning first place in 1997, alternativeBreaks (aB) has been recognized regularly as one of the top programs in the country. As of now, aB is ranked second in the nation after starting off with just one FIU student who wanted to do something more with their vacation. A proud member of Break Away, their parent organization, which coordinates other all programs and more than 35,000 students across the country.

“Break Away ranks all programs yearly based on innovation, growth and overall quality,” according to aB’s website.

Just like Break Away, all started off through one student who wanted to take a road trip. Instead of going to parties or visit his parents, he wanted to get away from the typical college experience and help others. A few years later aB was formed and became a network of 300 students who spend their breaks servicing all over the world.

From working at Sun Life Stadium to bake sales in WUC, all fundraise to put money towards their trips. According to Marquez, they work the Sun Life Stadium concessions stand selling food and beer and get 10 percent of all sales from that day.

The bake sale [on Wednesday July 26] was pretty good. We made about $90, and during summer that is shocking,” said Marquez.

Marquez said that some of the other activities they have to raise money are car washes, canning raffle tickets and cook-outs during football games.

Their most recent trip was during the week of Aug. 12. They sent some students to Jamaica where they were running a pre-summer school camp for the local children.

They don’t just pick any place to visit, they search for things like whether the site provides housing, transportation, food, how much would it cost, whether other schools have been there before and most importantly, safety.

“The point of these trips is to help people who are in need during our [vacation time],” said Marquez.

One of their events to start off the fall semester is the Lunch Pack. There will be sandwiches for sale with a fruit or cookies and a drink. “Our plan is to sell them in offices around campus and if people want they could pre-order their meal ahead of time,” said Marquez.

They also plan on hosting a car wash in September in front of the turnaround by AC1 and AC2. Marquez says that they wash sedans for $10, inside and out, and charge a little extra for bigger cars. All is known for their community service and that is why September doesn’t finish with a car wash. On Sept. 11, their service will be put to good use when all will be picking up mangroves around the bay and replant them afterwards. Lunch will be provided for those who come out and volunteer. Aside from the 75 to 100 students they recruit on a yearly basis, they hope to get more students interested during this event.

AlternativeBreaks fundraising a step in the right direction