Students fine tune Latin Grammys

MARIANA YERN
Contributing Writer

Internships from the School of Music were few and far between; the wait for the most recent one racked the nerves of two of its students. But after a month, close friends Lina Borda and Jorge Canovas were told they would represent the school as interns for the Latin Grammy Awards.

Borda, senior music technology major, and Canovas, senior jazz performance major, will work with the production team of the Latin Grammys, the acclaimed and popular award ceremony while having the opportunity to meet top Latin artists.

"Even though I never expected to be one of the semifinalists, I always keep my hopes up," said Borda.

The story of Borda and Canovas began when the School of Music sent an email to all music students saying the school had partnered with several music industry companies. In the email, the school assured the companies would offer full internships to students who applied and were chosen.

"I got too excited when I read that email because I had previously tried to apply to internships, but the School of Music either did not offer any or too few," said Canovas. "I had lost all hope until I got the email. As usual, all the internships required different qualifications to apply."

The Latin Grammys specifically required its recipients to be bilingual, a prerequisite that didn’t get in the way of Borda or Canovas - Borda is Colombian and Canovas is Cuban.

Applications were sent to Lasin Richards, trombone and music business professor, who chose the semifinalists with other professors from the college.

The applications of the semifinalists were sent to the Latin Grammys staff members who were responsible for whittling the long list of semifinalists to just four finalists.

International Business program ranks 16th nationally, drops from 12th

NEDA GHO Marshi
Opinion Editor

The U.S. News & World Report has ranked the University’s Undergraduate International Business Program in the College of Business Administration 16th in the nation, a drop from last year’s 12th place. The rankings are based on surveys conducted by US News. Deans and senior faculty at each undergraduate business program accredited by the Association to Advance Collegiate Schools of Business are surveyed. Participants were asked to rate the quality of all programs they were familiar with on a scale of one (marginal) to five (distinguished), based on up to 16 key measures of quality.

"We are delighted to be recognized by US News," said Joyce J. Elam, executive dean of the College of Business. "Our students expect only the best from industry companies. We are responsible for whittling the long list of semifinalists to just four finalists."

COMING UP | Sports

Check out the Sports section in the Oct. 1 issue for coverage on the football game against the University of Akron.

ONLINE | www.fiusm.com

Follow us on: Twitter - @FIUSM, Facebook - FIU Student Media: News, FIU Student Media: Sports

RADIO | Radiate FM

Join Radiate FM and WVUM on Oct. 13 at 8 p.m. at Sweat Records for Mixer #2, with performances by Electricity and Joy Hernandez.

The Radioactive Underground: 88.1 - 95.3 - 96.9

STUDENT GOVERNMENT COUNCIL

SGC-MMC senate ceases written reports

ANGELICE PETRILLO
Contributing Writer

Senators at the Student Government Council at Moderne-Marke Campus can now check off weekly reports from their to-do list, forever.

During their Oct. 3 meeting the senate passed SR 1106, a new bill that states weekly written reports are no longer necessary if the senator is present during the senate meeting to give an oral report. The bill, which received only one vote against, also points out that if a senator is absent he/she must turn in a written report for that week.

Fernando Pinheiro, senator for the College of Engineering, proposed this bill because he had two concerns: redundancy and attendance.

"Senators who are constantly present at our meetings on Mondays and regularly give oral reports have to write something every single week for the speaker," Pinheiro said.

Pinheiro’s bill is also aimed at senators who are sometimes absent from senate meetings.

"Senators sometimes might skip the meeting would now double think since this written report is required, this would only improve our attendance at senate and therefore the chances of meeting quorum," Pinheiro said.

Per senate statutes, senators who make from $800 to $2,250 per school year are permitted to miss two meetings per semester. So far, there have been only four meetings and at least 11 absences have occurred.

Donovan Dawson, speaker of the senate and a senator for College of Arts & Sciences, explained that if a senator falls into non-compliance, a grievance will be filed by senate leadership against them.

“They are all well aware of that,” Dawson said.

Dawson also expressed concern for last year’s bill requiring written weekly reports.

“When I was in the senate last year I raised concerns regarding the redundancy of the [weekly] reports and was against having the provision placed in the reform bills that were introduced,” Pinheiro said.

As speaker, Dawson felt it was necessary to try and change the bill that was passed last year.

At a Rules, Legislation and Judiciary Committee meeting, Dawson expressed his concerns regarding last year’s provision. Dawson said the “members of the committee agreed with me and [SR 1106] was produced.”

Even with last year’s bill in place and prior to SR1106’s introduction, there have been no written reports so far for this school year.

“I did not enforce the dorm with a senator to submit a written report before every meeting because I thought it was very redundant,” Dawson said.

Dawson also agreed with SR 1106 because senators may have considered the weekly reports as busy work.

[The weekly reports] may have been lacking in substance and simply composed to appease senate leadership and to get by,” he said.

SGC-MMC, page 2
National

Wall Street protest expected to widen

Organizers of the protests in lower Manhattan have sought a permit to gather in a plaza encircled by courthouses and are planning for at least 2,000 people to march. Police say the group that has been camped out for weeks around Wall Street is planning a rally at Foley Square and sought permission to use microphones.

Authorities say they realize there may be more protesters than expected.

Police say the group that has been camped out for weeks around Wall Street is planning a rally at Foley Square and sought permission to use microphones.

One senator voted against bill

Sean Jaret de Mola, senior, Asian studies major (left), and Nandini Rampersaud, sophomore psychology major (right), enjoy the Tuesday afternoon sun on their usual hangout spot, a tree near the kibitzing students on the way to the SIPA building.

SFC-MMC, page 1

Giving reports orally, as the senate did in prior years, is the way to continue, according to Dawson.

According to the SGA constitution, every senator is required to submit a written report twice a semester, at the mid-term and final exam, with the first report due from every senator on Oct. 21. These reports are to include details of bills sponsored, goals, accomplishments, meetings with administration and so on.

“If a senator is not fulfilling their duties, the speaker will be able to recognize that by the lack of action/improvements in his/her report,” Pinheiro said. However, Correale, a senator for College of Arts and Science and chairman of the finance committee, was the only senator to vote against the new bill.

“My main issue is I have noticed in the past, in our senate we take 30-40 minutes to go over all of the reports, sometimes even an hour.” Correale said. “In that past it has been valuable time that could be used to debate on the worth of a candidate or a bill that we then may have had to table.”

At the beginning of every meeting, the senate must review the minutes, a record of what happened from the week before. Correale proposed an idea to the senate in regard to the new bill, which was rejected. “My proposal would have been for us to submit electronic reports to the clerk, to then include in the minutes for the previous week or the agenda for the current week,” Correale said.

By doing this, Correale felt “it allows the individual senator to extract information they feel is important from the minutes/agenda and to maximize the time that we have in senate.”

The senate rejected Correale’s proposal because the entire point of the new bill was to terminate the requirement of weekly written reports.

The senate has stated that the oral reports are sufficient in proving the senators are keeping up with weekly tasks.

The oral reports will be accessible to the public through meeting recordings that can be found in the SFC-MMC office in the Graham Center and meeting minutes, which are “scheduled to be posted on our new website very soon,” said Dawson.

However, meeting minutes from this school year have not been posted thus far. While there is concern from at least one senator on whether weekly written reports should still be the favored method of SGA, Dawson thinks it’s indicative of SFC-MMC’s new direction.

“[SFC-MMC] simply removes what I believe is an excessive provision composed at a time [last year] when SGA was more divided within itself than focusing externally on helping to improve the lives of the students who sent us here to serve them.”

Ranking still considered an honor by business school

The consistently high ratings have persuaded students to attain an international business degree. “Originally, I was going to single major in finance, but after I did some research, I learned a lot about FIU’s prestigious international business program,” said Christopher Patron, a senior double major in international business.

“[SFC-MMC] simply removes what I believe is an excessive provision composed at a time [last year] when SGA was more divided within itself than focusing externally on helping to improve the lives of the students who sent us here to serve them.”

Based on surveys, one or two additional votes can swing the University’s position several places. As long as we are in the top 20, I’m fine,” he said.

For the 15th consecutive year, The University of South Carolina was ranked number one. Other schools on the list include, New York University at number two and University of Pennsylvania at number three.

Regardless of the fluctuation, “It brings visibility and recognition to the University,” said Kroek. “After all, we are Florida International University.”

The Beacon – Friday, October 7, 2011
Reyes went cross-country and back before landing at FIU

MEN’S SOCCER

Reyes’ journey began one year ago out in the Golden State, playing for the University of California-Santa Barbara.

Although no longer a member of the Gauchos soccer team, a program that he calls “a first class program,” Reyes is grateful for having had the opportunity to play on the West Coast.

“An unbelievable opportunity to play for arguably the best team in the nation in the biggest college soccer stadium in the country,” said Reyes.

After playing in Calif., the opportunity to represent his country of Puerto Rico in a FIFA World Cup qualifying match was just another outstanding accomplishment to add to his resume.

“Seeing all these professional players on the field playing with and against me, that I see on TV, was quite interesting,” said Reyes.

Followings appearance on the Puerto Rican national team, Reyes eventually found himself transferred to Florida International University.

Reyes had no idea he was being watched from across the country. Head coach Munga Eketebi said, “I knew him since he was playing from across the country. Head coach Munga Eketebi said, “I knew him since he was playing with and against me, that I see on TV, was quite interesting,” said Reyes.

Following his appearance on the Puerto Rican national team, Reyes eventually found himself transferred to Florida International University. Reyes had no idea he was being watched from across the country. Head coach Munga Eketebi said, “I knew him since he was playing with and against me, that I see on TV, was quite interesting,” said Reyes.

After playing in Calif., the opportunity to represent his country of Puerto Rico in a FIFA World Cup qualifying match was just another outstanding accomplishment to add to his resume.

“Seeing all these professional players on the field playing with and against me, that I see on TV, was quite interesting,” said Reyes.

Followings appearance on the Puerto Rican national team, Reyes eventually found himself transferred to Florida International University.

Reyes had no idea he was being watched from across the country. Head coach Munga Eketebi said, “I knew him since he was playing with and against me, that I see on TV, was quite interesting,” said Reyes.

Followings appearance on the Puerto Rican national team, Reyes eventually found himself transferred to Florida International University.
**JOEY CRUZ**
Staff Writer

America just loves comebacks. In a league where comebacks can strike forcefully at any given moment, fantasy owners can agree that it makes the game interesting. During the first half, the quarterback is practically kicked to the curb. The second half comes around and he is blessed by throwing 150 yards and two touchdowns. This scenario is not uncommon in the National Football League.

**THE COMEBACK KIDS**

Tony Romo can make or break the Cowboys week-to-week.

One game, he puts the team on his back with a punctured lung; the next, he throws a heart-breaking three interception, Matthew "D-boy" Stafford took quite an advantage from Romo’s mishaps.

He came back from a 17-7 deficit, throwing for 240 yards and two TD’s in the Bills 34-30 victory.

Many fans despise and judge Eli Manning because his goofy, nonchalant approach on the field.

He shows no expression at all. This really means nothing when he played the way he did against Arizona.

Coming back from 20-10, Peyton’s little brother threw two touchdowns in the fourth quarter to ice his 31-27 win over the Cardinals.

Philadelphia’s dream team is having serious nightmares as we speak, after a gut wrenching 1-3 record.

Michael Vick had a far more superior game than Alex Smith, throwing for 416 yards and two touchdowns.

Alex Smith pulled out a comeback kid moment, however, leading his team to a 24-23 victory with an impressive 291 yards and two touchdowns.

**UNDER THE CRUZAK**

Andy Dalton (Cincinnati Bengals)- Although he played a very weak Bills defense, Dalton rushed and threw for a touch- down to go along with his 298 yards passing.

In a thin league, Dalton is a solid backup with poten- tial to be a starter.

Willis McGahee (Denver Broncos)- What happens when talking about Willis? I’m talking about picking up McGahee after running for 103 yards against a solid Green Bay defense. McGahee is the Thomas Jones of the Broncos, if this makes any sense. He takes the workload, but flies under the radar.

Do not be surprised if Knowshon Moreno loses the starting job to Willis. Blue Collar Back.

Pierre Garcon (Indianapolis Colts)- Finally, a Colts player that has had a productive game. Garcon is also the only explosive player they have on the team.

Curtis Painter will come into his own and make Garcon a favorite target.

With 148 yards and two touchdowns, he is an easy steal for many owners. He would have had a touch- down and at least 100 yards in week three if Painter had overthrown him. Haitian Sensation.

The TRASH BIN

Hines Ward (Pittsburgh Steelers)- What happened to the big smile I always see on Ward’s face? After his 19-yard game last week, it looked more like a frown. I do not know if Ward is worth starting anymore.

He is a lot older and seems to be fading in the limelight of Mike Wallace. Ketchup? no Heinz.

"Spiller (Buffalo Bills)- I consider him a less talented Reggie Bush.

With Fred Jackson dominating defense, Spiller is a distant memory simply because Jackson does the same thing just as good, and then some. Drop Spiller like a bad habit. Spill Spiller.

Mario Manningham (New York Giants)- When Manningham comes back, I highly doubt they will use him.

"Victor Cruz (no rela- tion to Fantasy Cruz) is that second receiver they needed. He is showing utter dominance in Tom Cough- lin’s offense.

Manningham is fourth bench receiver, at best, in an 18-man league. No more M&M.

BASING BRAYLON

I would never wish an injury upon any profes- sional athlete because it destroys their livelihood.

Braylon Edwards is out for three more weeks with a knee that he is going to get surgery on.

Maybe it is time I move on to bashing another player and let Edwards R.I.P recover in peace.

**Injuries continue to plague FIU**

He has it 16 more catches and 343 more yards than their next leading receiver Marquelo Suel. Even though Scionti is their biggest threat, Cristobal is not just concerned with him.

“THERE’s a focus on stopping and slowing down their offense across the board,” said Cristobal.

“When there’s a player that has 24 catches for 420 yards and four touchdowns, of course they always require the attention of your football team as you prepare.”

Injuries are still continuing to plague FIU with each passing week.

Wide receiver Jacob Younger, who has had eight catches for a total of 79 yards this year, might have to sit out because of an injury to his shoulder. He has been sitting out practice since Sept. 28, and Cristobal says he is not positive if he is going to be able to play.

Offensive lineman Curtis Bryant, on the other hand, will be available Oct. 8 despite having a sprain in his thumb, and wide receiver Glenn Coleman (shoulder), as well as senior safety Chuck Grace (knee) will both be sitting out yet another week.

**FIU 38, Akron 13:** It’s not even close. The Zips only win this season was against an FCS team. Carroll will have a career day unless the second team comes in the game.

**FIU 31, Akron 10:** Kedrick Rhodes should have a field day against the Zips, who have struggled to stop the run. FIU will get back on track with a win this Saturday.

**UCF 34, Akron 27:** The Golden Panther defense is struggling as of late, but the Zips poor play gives FIU a good chance to recover from their two game skid.

**FIU 45, Akron 31:** The defense cannot stop a nose bleed. But Carroll is destroying defenses, and the run game is a nice complement. They get it done.
Green Library under utilized, lack of attention to resources

BROOKE WERTMAN
Contributing Writer

When students walk into the Green Library, they may stumble upon people studying in quiet spaces or using the computers. What they may not notice is the enormous quantity of books the library holds.

Many students are familiar with some of the more accessible services offered at the library, for example, the laptops and study rooms that are available for checkout, the computer labs, copiers, printers, study tables and designated quiet areas.

While a lot of students take advantage of these features, the University’s library has much more to offer - it is one of the largest libraries in the southeastern United States.

"I think our collection is more extensive than people realize," said Roberto Pacheco, the senior library technical assistant.

The library houses a collection of books that number in the millions and subscribes to thousands of scholarly journals - both of which contain boundless quantities of information that could be used for research and academic papers.

The fifth floor of the Green Library contains the School of Architecture’s library, along with books related to the fine arts on the fifth floor, journals and audio-visual materials.

"We have a vast collection of movies, documentaries and music, but really only the films and music students ever check out items," said Rochelle Radford, a sophomore majoring in social work, who works as a desk assistant in the Sound and Image Resources Department.

The second floor of the library is frequented by students because of its ample study space and computers, but many students may not realize that there are several useful departments on this floor.

Course reserves are housed in the Green Library under utilized, lack of attention to resources

Students chosen to help produce Latin Grammys

GRAMMY, page 1

Both Borda and Canovas were notified that they were among the semi-finalists. The close friends had no idea they were both striving for the same goal until they were called for an interview.

"I will never forget the shocked faces we made when on the day of the interview, during our ensemble rehearsal, we found out that we were each other’s competition because we were both wearing formal clothes," said Canovas.

They are able to accomplish all of these tasks and live a longer, happier life.

Some students may not realize that there are several useful departments on this floor.

The families of these two music students were ecstatic with the news of success.

"My family and friends in both Miami and Colombia were expecting the best to happen. They were very proud, happy and supportive," said Borda.

According to Canovas, his family could not have been more proud. "My mom’s ‘wow’ expression had it all," said Canovas.

Among the several internships offered to them, Borda and Canovas revealed the reasons why they chose the Latin Grammys.

The Latin Grammys honors the music produced in places other than the U.S. and was formed in 1997.

The Latin Grammys are the top of the music industry.

The company comprises all music fields and genres without focusing on something specific or characteristic, which makes it stand out from all the others.

Both students agreed that since they are both Latinos, it would be a great honor to be part of the group of people who expose Latino music to the world.

During the internship, one part of their job will be to help with the production of several events the Grammys will be involved in as the award ceremony approaches.

They will work at the Latin Grammys office in Miami for a month and then travel to Las Vegas for the main event.

"Sometimes I still cannot believe that I am going to be at Las Vegas producing the actual Latin Grammy Awards," said Borda.

Both Borda and Canovas have high expectations for this internship.

"I expect to gain experience not only in my field but in all the professional tracks around me by getting out of my comfort zone," said Borda. "Even though I am going to do my best on the job, I know I will probably get screamed at. I expect to learn from this experience and to have fun all the way. Who knows if I could get a job after doing this internship," said Canovas.

Both students said they will work hard and give their best every step of the way.

Stay healthy while managing your time

COLUMBIST

RAYASHI IBIRABARR

Today, the Latin Grammys are at the top of the music industry.

"We have a vast collection of movies, documentaries and music, but really only the films and music students ever check out items," said Rochelle Radford, a sophomore majoring in social work, who works as a desk assistant in the Sound and Image Resources Department.

The second floor of the library is frequented by students because of its ample study space and computers, but many students may not realize that there are several useful departments on this floor.

Course reserves are housed in the high low

THE BEACON – 5

www.fiusm.com

Friday, October 7, 2011

Stay healthy while managing your time

Like many of my colleagues, I find myself in a race against time every moment of the day with studying, papers, work and finding time to catch up with friends and family.

So when does working out and staying fit come into the picture?

A common excuse among college students when asked why they do not have a fitness regime is that they are pressed for time.

In my opinion, your health is something you make time for since it is how you are able to accomplish all of these tasks and live a longer, happier life.

Here are some tips to help you squeeze in a sweat session.

MARK YOUR CALENDAR OR CREATE A TO-DO LIST

Much like how you pencil in your next exam date for a class, entering in a workout time may not be a bad idea.

If you physically see the workload in your agenda or to-dolist, you are more likely to hit the gym or pavement because you are making it a priority rather than struggling to fit it into your jam-packed day.

Thanks to apps like Google Calendar and Astrid Task, you can carry your schedule with you wherever you go and take

THE OTHER PART OF THEIR

"I think our collection is more extensive than people realize," said Roberto Pacheco, the senior library technical assistant.

The library houses a collection of books that number in the millions and subscribes to thousands of scholarly journals - both of which contain boundless quantities of information that could be used for research and academic papers.

The fifth floor of the Green Library contains the School of Architecture’s library, along with books related to the fine arts on the fifth floor, journals and audio-visual materials.

"We have a vast collection of movies, documentaries and music, but really only the films and music students ever check out items," said Rochelle Radford, a sophomore majoring in social work, who works as a desk assistant in the Sound and Image Resources Department.

The second floor of the library is frequented by students because of its ample study space and computers, but many students may not realize that there are several useful departments on this floor.

Course reserves are housed in the Green Library under utilized, lack of attention to resources

Students chosen to help produce Latin Grammys

GRAMMY, page 1

Both Borda and Canovas were notified that they were among the semi-finalists. The close friends had no idea they were both striving for the same goal until they were called for an interview.

"I will never forget the shocked faces we made when on the day of the interview, during our ensemble rehearsal, we found out that we were each other’s competition because we were both wearing formal clothes," said Canovas.

To their surprise, the Latin Grammys decided to take them both as interns because of their strong resumes and optimal performance in the interviews.

"It was very weird to see Lina every day and wonder who would win. I was super happy when they gave me the good news that we were both in it because, since we are very close friends, we will help each other," said Canovas. As Borda stated, she was not expecting to be given such a great opportunity while also being able to work with her friend, which made the news even better.

The families of these two music students were ecstatic with the news of success.

"My family and friends in both Miami and Colombia were expecting the best to happen. They were very proud, happy and supportive," said Borda.

According to Canovas, his family could not have been more proud. "My mom’s ‘wow’ expression had it all," said Canovas.

Among the several internships offered to them, Borda and Canovas revealed the reasons why they chose the Latin Grammys.

The Latin Grammys honors the music produced in places other than the U.S. and was formed in 1997.

The first Latin Grammy Awards took place in Las Vegas on Sept. 13, 2000.

Today, the Latin Grammys are at the top of the music industry.

The company comprises all music fields and genres without focusing on something specific or characteristic, which makes it stand out from all the others.

Both students agreed that since they are both Latinos, it would be a great honor to be part of the group of people who expose Latino music to the world.

During the internship, one part of their job will be to help with the production of several events the Grammys will be involved in as the award ceremony approaches.

They will work at the Latin Grammys office in Miami for a month and then travel to Las Vegas for the main event.

"Sometimes I still cannot believe that I am going to be at Las Vegas producing the actual Latin Grammy Awards," said Borda.

Both Borda and Canovas have high expectations for this internship.

"I expect to gain experience not only in my field but in all the professional tracks around me by getting out of my comfort zone," said Borda. "Even though I am going to do my best on the job, I know I will probably get screamed at. I expect to learn from this experience and to have fun all the way. Who knows if I could get a job after doing this internship," said Canovas.

Both students said they will work hard and give their best every step of the way.

THE BEACON – 5

www.fiusm.com

Friday, October 7, 2011

Stay healthy while managing your time

Like many of my colleagues, I find myself in a race against time every moment of the day with studying, papers, work and finding time to catch up with friends and family.

So when does working out and staying fit come into the picture?

A common excuse among college students when asked why they do not have a fitness regime is that they are pressed for time.

In my opinion, your health is something you make time for since it is how you are able to accomplish all of these tasks and live a longer, happier life.

Here are some tips to help you squeeze in a sweat session.

MARK YOUR CALENDAR OR CREATE A TO-DO LIST

Much like how you pencil in your next exam date for a class, entering in a workout time may not be a bad idea.

If you physically see the workload in your agenda or to-dolist, you are more likely to hit the gym or pavement because you are making it a priority rather than struggling to fit it into your jam-packed day.

Thanks to apps like Google Calendar and Astrid Task, you can carry your schedule with you wherever you go and take

THE OTHER PART OF THEIR

"I think our collection is more extensive than people realize," said Roberto Pacheco, the senior library technical assistant.

The library houses a collection of books that number in the millions and subscribes to thousands of scholarly journals - both of which contain boundless quantities of information that could be used for research and academic papers.

The fifth floor of the Green Library contains the School of Architecture’s library, along with books related to the fine arts on the fifth floor, journals and audio-visual materials.

"We have a vast collection of movies, documentaries and music, but really only the films and music students ever check out items," said Rochelle Radford, a sophomore majoring in social work, who works as a desk assistant in the Sound and Image Resources Department.

The second floor of the library is frequented by students because of its ample study space and computers, but many students may not realize that there are several useful departments on this floor.

Course reserves are housed in the
“Moneyball" character-driven, movie of the year

Brad Pitt plays a risk-taking General Manager for the Oakland Athletics.

Photo Courtesy of Sony Pictures

---

Library offers new features to keep up with digital age

I come to the library everyday, but only to study

Jacqueline Perez
freshman majoring in business finance

These databases can often lead to articles written by credible sources which have information more specific to the topic being searched. One of the new features now available through the website is the Film-maker's Library Online. This site has a collection of documentary subjects ranging from autism education to pollution in China. In addition to being able to view the documentary, students can read the transcript, embed the link on a website and make clips from the videos.

Despite the plethora of materials available, students continue to use the library mainly for the space it offers.

“Moneyball" is one of the best films of the year that is more than just another baseball movie; it is also a character-driven movie with a tremendous performance from Brad Pitt and a great script from the screenwriting team of Aaron Sorkin and Steven Zaillian.

---

Scheduling time for fitness a guaranteed way to stay fit

advantage of the unlimited amount of space to edit and add dates.

HAVE A GAME PLAN

Now that you have committed to a workout time, it is time to decide what your fitness goals will be. Before you get to the gym, decide whether you are doing strength training, cardio, lower body, upper body, or a combination of everything.

Also, being the busy person you are, make sure you have a day and time in mind beforehand. Know more or less how much time you plan on crunching or how long your treadmill run will be.

In addition, have a plan of how intense you want the workout to be and don’t forget to allow yourself some recovery and rehydration time between exercises.

As tuition-paying students, you are spending money on the Recreation Center. It is up to you to make use of the access you are paying for. If you do not have time to hit the gym, opt for some fresh air with a 20-minute run or bike ride.

GET ORGANIZED

One of the first things I try to do when I arrive home from work is lay out all of the equipment I need for the gym the next day.

Always remember to pack your bag with all of your necessary clothing, proper shoes, toiletries, a change of clothes, water, snacks and headphones (if you use them).

There is nothing worse than racing to the gym only to find out that you have to cancel a workout because you cannot run around in socks. I know this from personal experience.

CATCH UP WITH A FRIEND

Whenever I want to avoid a dinner date or a lazy afternoon of movie marathons accompanied with junk food during the summer, I would convince my friends to play a game of tennis.

Not only did we have a great time laughing at our poor serving techniques, but we also worked up a sweat within minutes of playing.

If hand-eye coordination is not your thing, try a brisk power walk. The best part about powerwalking is that anyone can do it and you can go at your own pace.

Walking with a friend is even better because you can utilize that added competition factor and motivate each other to keep going. For an additional challenge, bring along some weights for a strength workout while you walk.

Using weights distracts you from the walk and vice versa. After a while, you will be so busy looking around at the scenery that you will not even know you are burning up calories!

You do not need to be an aerobics instructor like me to stay in shape. Follow this advice to help make health a top priority in your everyday schedule.

Fit for Life! is a bi-weekly health and fitness column. Look for it every other Friday this fall.

---

REEL TO REEL

“Moneyball" character-driven, movie of the year

Although there have been a number of fantastic films about America’s favorite pastime, it has been a while since Hollywood has produced a great baseball movie.

Fortunately, “Moneyball" doesn’t disappoint as a baseball movie; the most exciting action that occurs in the film is not limited to what is happening on the diamond field.

Billy Beane (Brad Pitt) is a former ballplayer who is now the general manager of the Oakland Athletics.

In the 2001 season, players like Jason Giambi and Johnny Damon jumped from the A’s to the New York Yankees and Boston Red Sox, respectively.

Forced to compete with a relatively small payroll of $39 million, Beane meets Peter Brand (Jonah Hill), a Yale economics graduate who is good at statistics. With Brand at his side, the A’s campaign takes off.

Beane and his staff start to focus not only on how many more or less how many reps you plan on crunching or how long beforehand.

Know more or less how many body, or a combination of everything. To the gym, decide whether you are doing your fitness goals will be. Before you get workout time, it is time to decide what workout.

Effective players like Scott Hatteberg (Chris Pratt) and David Justice (Stephen Bishop) to rack up win after win.

Directed by Bennett Miller (Capote), “Moneyball" is an entertaining and fascinating look at the world of baseball and the new ball fans will enjoy.

This film is not about the game itself; the filmmakers take us behind the locker room to show the players the backstory of a baseball team that is in need of wins. Bennett manages to extract from the main storyline of the movie without any consequences by showing brief glimpses of how Beane became a baseball player after passing up a chance to go to Stanford on a scholarship.

The movie also takes a peek at Beane’s personal life as a divorced father who spends time with his daughter, Kerri Dorsey, while trying to reassure her that he will not be fired.

Adapted from Michael Lewis’s book by Aaron Sorkin (“The Social Network”) and Steven Zaillian (“Schindler’s List”), “Moneyball” manages to make statistics interesting with a script that breaks down a list of complicated numbers and names - turning it into a movie that anyone can understand without knowing a lot about baseball.

The fast-paced dialogue that Sorkin wrote for “The Social Network” is present again in sequences when Beane is negotiating trades with other baseball clubs.

Brad Pitt’s performance is not only the best performance of his career, but it is also the soul of the film. He acts as an impulsive, superstitious and flawed character. He is so superstitious that he can’t make an appearance without feeling that if they lose, it would be his fault.

He wants to make up for his failure as a baseball player by risking his job and doing whatever it takes to win.

He is also a ruthless businessman who emotionally detaches himself from the players so that he would not be affected when the time comes to trade someone or send them down to the minor league.

Jonah Hill delivers a surprisingly good performance as Brand and proves that he is not just the “fat funny guy” he has played many times. He and Pitt have wonderful chemistry with one another whenever they share the screen.

Philip Seymour Hoffman has a small but interesting performance as the A’s manager, Art Howe, who is constantly infuriated with the decisions that Beane is making behind his back.

Cinematographer Willy Pfister (“Inception”) reuniters with Miller once again to create another visually-pleasing movie that causes you to feel like you are watching an actual Oakland A’s game because of the cinematography of the baseball scenes.

Pfister also captures some solemn and emotional scenes, including an appearance without feeling that if they lose, it would be his fault.

In the era of Google, libraries are no longer the unique hubs of information they once were.

Knowledge is more accessible now than ever before and from the comfort of home as well, but not everything can be found online, or if it can, it often comes at a price. The library is still unique in being entirely free for University students.

Here, one can find articles from journals dedicated to exploring one topic in great depth, rare and out of print books, both of which would be difficult to find and costly to order online on your own.
University underestimates music education

JUNETTE REYES Contributing Writer

Being musically educated is treated merely as an option rather than the necessary skill it was once considered to be in the aristocratic times. The elementary school years are the only time in which we are mandated to taking performing arts classes at least every other day. Beyond that, middle schools, high schools and universities all tend to categorize music courses, among other arts, as a means to satisfy an art credit requirement, including our own University.

“Music Appreciation” is jumbled up with other courses like “Introduction to Creative Writing,” making it difficult to choose a class that will satisfy the University’s three-credit art requirement. On top of that, this shuffling of course decreases the chances of a student choosing a music class, considering most performance classes are worth one credit.

Still, as popular as Music Appreciation might be, it does not fully encompass the skill being musically educated was considered to be since it is mainly a course on the history of music. Because of this, I believe that students should be obligated to take a fundamental music theory course apart from the art credit we are required to satisfy.

Several studies have proven that music lessons do have an impact on students and have even improved scores on “…IQ subtests, index scores, and even exploring different genres they might find themselves further appreciating music in space, content and clarity.” as reported by E. Glenn Schellenberg of University of Toronto at Mississauga, Mississauga, Ontario, Canada.

Apart from these obvious reasons, being musically educated also allows us to be the kind of well-rounded student the University expects us to be.

Results of the “Mozart Effect” have also concluded that “compared with sitting in silence for 10 minutes, listening to Mozart induces more positive moods and relatively optimal levels of arousal, which lead to higher levels of performance on tests of spatial abilities.”

While results showed a slight increase in scores for one section of a music lesson, which could also include listening to Mozart, if obligated to take an ongoing music course, students would greatly benefit from it since scores would eventually increase further.

Apart from these obvious reasons, being musically educated also allows us to be the kind of well-rounded student the University expects us to be, considering the University Core Curriculum is composed of “…seven areas [that] were created in mind that it gets hard to substantiate a two-hour discourse when – as is surely the case with any good university – nothing is happening in almost any of the colleges that takes more than maybe ten seconds to summarize, and all superficially reply about the things over which nobody has any power. Part of the Senate’s routine is this bit where all of the senators make announcements about what is going on within their college. They generally have little or nothing to report though, which moves things along pretty quickly. It is kind of odd though, that ever a week should go by, in university – in which absolutely nothing worth mentioning takes place: no new projects, no developments in the ever-dlicate financial department – not even a sex scandal.

If there is neither progress to report nor sexual misconduct to discuss, one has to wonder what these senators are doing with their time, and, better yet, why we pay them.

The Oct. 3 meeting, running at a trim half hour, was not only abounding but endorsed engagingly contentious debate, it is promptly made tame by the uncontested admission beforehand that the argument is futile, that what is being argued cannot by any means be changed. This is safer, of course, to argue passion, concerns about a shuffled list of courses decreases the chances of a student choosing a music class, considering most performance classes are worth one credit.

Still, as popular as Music Appreciation might be, it does not fully encompass the skill being musically educated was considered to be since it is mainly a course on the history of music. Because of this, I believe that students should be obligated to take a fundamental music theory course apart from the art credit we are required to satisfy.

Several studies have proven that music lessons do have an impact on students and have even improved scores on “…IQ subtests, index scores, and a standardized measure of academic achievement,” as reported by E. Glenn Schellenberg of University of Toronto at Mississauga, Mississauga, Ontario, Canada.

Apart from these obvious reasons, being musically educated also allows us to be the kind of well-rounded student the University expects us to be...
Citizens petition for forgiveness of student loans

KATIE LAWRENCE
Staff Writer

A petition designed by the White House has shown strong support for the forgiveness of student loan debt, a topic that has been brought up in various political circles and has also been demonstrated for in the recent Occupy Wall Street protests.

Student loan debt is slated to top $1 trillion this year and societal unrest in the business of education and general displeasure with our economic state has led to some radical ideas for improvement.

The website, titled We the People, gives citizens a chance to voice grievances and, upon reaching a certain amount of signatures, will be looked at by White House policymakers and an official response will be issued.

The petition to “forgive student loan debt to stimulate the economy, usher in a new era of innovation, entrepreneurship, and prosperity” gained momentum quickly and has received more than 27,000 signatures since its creation on Sept. 23, making it the second-largest petition on the site. A petition calling for the legalization and taxation of marijuana leads with more than 50,000 signatures.

“Forgiving student loan debt would provide an immediate jolt to the economy by putting hundreds and, in some cases, thousands of extra dollars into the hands of people who will spend it - not just once, but each and every month thereafter – freeing them up to invest, buy homes, start businesses and families,” claims the petition, penned by Robert Applebaum, who started forgivingstudentloan.com after garnering significant debt for attending law school.

The petition continues: “Student loans themselves are responsible for tuition rates that have soared by 439% since 1982 and for saddling entire families with economic collapse, such as the case in Greece. But recent unrest and strong avocation from citizens have kept the idea alive.

“The American taxpayers bailed out Wall Street for their redselliness. It’s time for Wall Street to do right by the American people who did absolutely nothing wrong, but who feel punished every day,” writes Applebaum.

Pressure on the White House from citizens claiming to be “the 99 percent.”

Student loan debt is just one of many issues that the government must carefully consider. But the balls have been lobbed and are now in the White House courts. What they choose to do with them remains to be seen.

SBCG BBC auditing A&S fee funded organizations

JONATHAN SZYDLO
BBC Managing Editor

At the Oct. 3 Student Government Council at Biscayne Bay Campus weekly senate meeting, operational reviews committee chair and senator at large, Olawatobi Adekoya, announced that he will commence the auditing process of all organizations at BBC funded by Activities and Services fees.

“Traditionally, the auditing of A&S funded organizations takes place during the Spring semester as a segue into SGA budget hearings and deliberations for the following academic year. However, according to Kevin Gonzalez, SGC-BBC comptroller, the way auditing has been handled in the past is not very effective.

“It’s better to start early than the wait for the Spring,” said Gonzalez. “Last year we received some audits on the second or third day of budget hearings and deliberations, resulting in an unorganized process.”

The purpose of this campus-wide auditing process is to make sure organizations are keeping organized records of their finances and to prevent the over-spending of A&S fees.

“Fiscal responsibility is a shared feeling between me and Adekoya,” said Gonzalez. “It’s about doing what’s right and preserving the integrity of the campus.”

To facilitate the proper spending of A&S fees, Gonzalez has scheduled an Activity and Service Fee Spending Orientation with SGC-BBC President. According to Adekoya, the auditing isn’t meant to be intrusive but to serve as event reports as a system of checks of the mentioned organizations.

“Assuming that organizations are organized with their finances, the auditing paperwork shouldn’t take longer than an hour,” said Adekoya. “We are seeking for the audits to come in within a week of events.”

Catherine Vega, Student Programming Council president, is in agreement with these audits.

“It’s a good idea for [SGC-BBC] to be reviewing these audits because it will result in student councils being fiscally responsible and accountable for their actions,” said Vega. “The fact that they are doing this so early on in the year is a sign that SGC-BBC has what’s best for the students in mind.”