The battle for Pell Grants has come to a close, and concerned students can breathe a sigh of relief. Congress has enacted only “minimal changes to Pell Grant,” according to an article in St. Louis Today. They have decided to leave the maximum award amount intact and make eligibility requirements more stringent.

The changes are geared to make the difference between taking classes one semester.

According to some preliminary calculations devised between the Federal Relations Office and the Financial Aid Office of FIU, 1,015 Pell Grant recipients would potentially lose their current eligibility, and thereby the maximum award amount intact, and make eligibility requirements more stringent. Consequently, many of the tenets of the House and Senate proposal from November.

“Pell Grants have a huge impact on FIU,” said Carlos Becerra, director of Federal Relations for FIU, in Washington, D.C., “Losing Pell Grants for many students may make the difference between taking classes one semester.”

In order to accommodate the campus parking areas to manage the congestion between Jan. 9 and Jan. 20, a two month period in which students will meet with their advisors, purchase class supplies, or adjust their schedules, among other activities, the Department of Parking and Transportation has temporarily added 1,500 parking spaces, according to Kenneth Jessele, senior vice president of Finance and Administration, in a memo sent to faculty and staff.

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“In addition to new faculty and staff, we will have almost 4,500 new undergraduate and graduate students calling FIU home for the first time. We believe these temporary changes will help accommodate the additional traffic and parking demands that normally arise during the first two weeks of the spring semester,” he said.

Out of the 1,500 new temporary parking spaces, 300 of those can be found east of PGS Market Station. Tamiami Park will be host to 1,000 parking spaces, near the FIU Stadium and Lot 6. Two-hundred parking spaces will be available at the Miami-Dade County Fair and Exposition location, which is near the bus terminal.

The Student Government Association and FIU Police are working closely together the next two weeks to ensure safety to students wishing to park outside of the regular on-campus parking areas, like Tamiami Park, according to Sanjoev Udhman, SGA vice president. Several students had difficulty finding parking during the first two weeks of the previous fall semester, including freshman business major Danny Galvez.

“Finding parking in the first couple weeks of school is like finding food in the Sahara. You have students aimlessly driving in circles all over campus, stopping at each and every parking garage,” Galvez said. “[So] I’m relieved to hear about the addition of temporary spaces in the first two weeks, and I believe they will be exceptionally helpful.”

For students, faculty and staff who decide to make use of these temporary parking spaces, additional shuttle services will be provided.

Along with the Panther Mover, which provides transportation between the Primera Casa building and the Panther Garage, there will be several pick-up and drop-off locations at the Tamiami Park and Fair and Exposition locations.

These additional shuttle services will be available from 9 a.m. until 7 p.m. during the first two weeks only.

Tamiami Park will have a pick-up area on the western side, which provides a round-trip service to the Primera Casa building, including the Health and Wellness Center.

A pick-up location can be found in the center of the parking area at the Fair and Exposition, which will provide transportation between the Frost Art Museum and the Blitar Gym.

A golf cart shuttle service will transport students, faculty and staff from the PGS Market Station over to the Tamiami Park and Fair and Exposition parking area to the Chemistry and Physics building.

“I do not think the addition of permanent spaces to be unduly important. Maybe in the long run, but for now, the problem is at least easily defined — I just need to find somewhere to park my car,” said Galvez.
**Flu honors the work of Dr. Martin Luther King Jr.**

**AURA ALIAMIRANDA**

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This year marks the 21st annual commemoration of Reverend Dr. Martin Luther King, Jr. at FIU.

A two-week program has been organized by the Office of Multicultural Programs and Services and committee members that come from different departments of the University including the College of Arts and Sciences, the College of Medicine, the Honors College, the Center for Leadership and Service, among many more.

“I think people walk away energized and wanting to make sure that they are contributing to the ideals of Dr. King and that we can somehow make sure we’re keeping his dream alive and keeping his legacy alive and moving in the right direction,” said Dorrett Sawyers, MPAS Director and committee chairperson.

MLK Commemorative Breakfast, which is serving as the premiere event of a series of celebratory activities held in Dr. King’s honor, is being held on Jan. 13.

The event will take place from 8:00 to 10:30 a.m. in the Graham Center Ballrooms and an expected turnout of 500 attendees with a current waiting list.

These attendees, by ticket or invitation only, will range from different members of the FIU community to the outside community, such as students from different high schools.

With funding from Student Government, the College of Medicine, the Honors College, and other sponsors in and out of campus sought out by the fundraising committee, the event was planned with a budget of $42,000.

Six months of planning led the committee to choose the program’s overall theme of “Non-profits pick up the slack for the government in most cases.”

Michaela Gaffney, first year medical student and president of the Non Profit and Global Health Interest Group believes there is something else students can learn.

“I think [the clinic] is very important, and it’s at the core for all the movements we are seeing with medical care in the country at the moment.”

Michaela Gaffney, President

The Non Profit and Global Health Interest Group

“We want to get more out of it then we give,” said Gaffney.

To Gaffney this clinic is a representation of what is happening from a medical standpoint in America.

I think it’s very important, and it’s at the core for all the movements we are seeing with medical care in the country at the moment,” said Gaffney.

Currently there are premedical students, public health students and medical students involved in the Non Profit and Global Health Interest Group. However, most of the students that will attend the clinic in Jamaica will be graduate and medical students.

Gaffney credits much of the support to the organization’s faculty advisor Dr. Bruce Peters, who helps out with planning and other local clinics that the group holds.

Funding for this trip will be made in part from money received in fundraising and grants have been cut, they may lose out on aid for higher education but also by training, or possibly increasing, the availability of the Pell Grant program will directly affect 6,103 students.

New eligibility requirements to affect 6,103 students

**ANGEL VALLEJOs**

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Every day there are people who strive to make a change. Some plan it out days in advance.

The Non Profit and Global Health Interest Group is doing just that. The students from the Herbert Wertheim College of Medicine are preparing to hold clinics in rural Jamaica, from June 13 through June 22.

The clinics are designed to allow students to learn how to take physicals and treat patients all while being under supervision of licensed physicians.

From the data that the group has gathered from previous trips, they have learned that the people of rural Jamaica suffer from chronic illnesses like diabetes and hypertension. Unfortunately, as Sang puts it, it is difficult to prevent those types of diseases.

“Non-profits pick up the slack for the government in most of these countries,” said Yoko Young Sang who is the secretary of the Non Profit and Global Health Interest Group.

Sadly, in many countries like Jamaica there is no serious medical infrastructure in place to help people.

Although the clinic is done with the intent of teaching students the nuances of being a physician, Michaela Gaffney a first year medical student and president of the Non Profit and Global Health Interest Group believes there is something else students can learn.

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Funding for this trip will be made in part from money received in fundraising and donations from students towards what has been discussed with regards to Pell over the past few months are overall positive.

The cuts have to come from somewhere.”

Phillipa Valencia, a junior studying business and communication, displayed just the opposite; she explained that the losses she sustained earlier this year were sufficient to push her to spend more of her energy on finding resources than focusing on school.

“My budget was tighter. Even having Bright Futures and Florida Pre-paid, I’m in college, and it’s never enough,” she explained, “It became tougher when my mom got into a car accident.”

“She’s back at work, but she has a special schedule due to some complications and her therapy schedule,” she went on to say, “so she’s spending less time at work, meaning less money; I had to get a job and now I have to depend on myself for everything.”

Another student, Yenny Laura, will begin her first semester this term just prior to the changes taking effect.

“I’m upset because I feel the government should be focusing a larger percentage of their resources on getting people into college and not just by maintaining, or possibly increasing, the available aid for higher education but also by improving public education across the country,” she said, “Education in America is continuing on a downward spiral and reform doesn’t happen overnight.”

Becerra expressed his concerns about the cuts, however, noting, “Most of our students are working class, drastic cuts to the Pell Grant program will directly affect graduation. If students cannot pay for classes one semester because their grants have been cut, they may lose out on the program altogether seeing as the semesters it is applicable are also being reduced.”

**NEW ELIGIBILITY REQUIREMENTS TO AFFECT 6,103 STUDENTS**

**PELL GRANTS**, PAGE 1

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**PELL GRANTS**, PAGE 1
Some cancer rates higher in Miami’s Little Haiti

Medical researchers are working with community leaders to improve cancer screenings in Miami’s Little Haiti where cervical cancer rates are higher than in neighboring areas.

Researchers found that women in Little Haiti had cervical cancer at a rate four times that of non-Haitian black women in Miami-Dade County and twice the rate of women in heavily Hispanic Hialeah.

They also found that breast cancer cases tended to be more advanced than the time they were diagnosed in women in Little Haiti than in women from other Miami-Dade County communities.

University of Miami researchers and community leaders tell The Miami Herald that fears about alienating immigration authorities and language and cultural barriers keep many Haitian women from getting the cancer screenings that have led to declines in U.S. cancer deaths.

Titantic items for auction 1 century after sinking

Salvaged items as small as a hairpin and as big as a chunk of the Titanic’s hull are among 5,000 artifacts from the world’s most famous shipwreck that are to be auctioned April 11 in New York.

The sale of the Titanic collection will nearly coincide with the 100th anniversary of the April 1912 sinking of the ocean liner, which hit an iceberg in the North Atlantic.

Guernsey’s auction house president Arlan Ettinger tells The Associated Press it has sold Beatles photos and other treasures, but this is its most significant auction planned.

US and Israel to stage major defense drill

The Israeli military is gearing up together with U.S. forces for a major missile defense exercise, the Israeli military announced Thursday, as tension between Iran and the international community escalates.

The drill is called “Austere Challenge 12” and is designed to improve defense systems and cooperation between the U.S. and Israeli forces. It follows a 10-day Iranian naval exercise near the strategic Strait of Hormuz.

Israel’s military said the drill with the U.S. was planned long ago and is not tied to recent events.

Potential DREAM Act recipients wait for chance to attend college

According to Sang, “has to give back.

Dr. Poussaint has authored several books on the subject of mental health and has become an authority and a role model in today’s society.

This breakfast will be the precursor to the MLK theme as “Health Equity: A Lasting Legacy.”

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-Compiled by Melissa Caucers

Students will treat patients

As Sang notes this clinic will treat a teenager that taking a small step to help people can go a long way.
Daniela Tomic leaves FIU, heads to Bowling Green

EDUARDO ALMAGUER
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In late December, hundreds of Panther fans were packing their bags in anticipation of heading north to cheer on their team against Marshall University in the Beef ‘O’ Brady’s Bowl. Former head volleyball coach Daniela Tomic was packing her bags too.

She was not, however, going to Tampa to cheer on the Panthers. In fact, she was not coming back to FIU at all.

The seven-year coach flew to Ohio and accepted a position as the head volleyball coach at Bowling Green State University and was formally introduced as a Falcon on Dec. 20, the same day as the Beef ‘O’ Brady’s Bowl. By far the most difficult experience of it all was breaking the news to her players, many of whom were on vacation at the time.

“I had to make the toughest phone calls of my life to my kids to tell them I wasn’t their coach anymore,” said Tomic. “It was very tough emotionally for me and for them. They were shocked. This happened unexpectedly.”

Tomic’s FIU résumé no doubt impressed the faculty at BGSU. She compiled an impressive 158-61 record in her seven years as a Panther. Her 721 career winning percentage ranks top 20 among active NCAA Division I coaches. She was also named Sun Belt Conference Coach of the Year three times in 2006, 2008 and 2009. Her pinnacle in FIU was 2009 when the region is very rich in volleyball talent.

“The combination of everything was just a good thing for me,” said Tomic. So with a vacant position as head coach of indoor volleyball, newly assigned Assistant Athletic Director and Director of Volleyball Operations Rita Buck-Crockett is tasked with finding a viable candidate to continue building upon the success that Tomic had.

According to Buck-Crockett, the posting for the job was published as early as Jan. 6. She did mention, however, that they have already been inquiries into the position.

“We want somebody that is going to lead the program and go to the national championship,” she said. “Bottom line is, you have to know what you’re doing to take a position like this. There are some big shoes to fill.”

FIU Round-Up

FIU captures 13th Sun & Fun Classic

JACKSON WOLEK
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Sophomore Jerica Coley, the third leading scorer in the country with 24.2 points per game, continued to rack up double-digit scoring numbers during the break leading the Panthers to a 10-5 record overall, 0-2 in conference.

Coley scored 18 points on Delaware State in her seven years as a Panther. Her 721 career winning percentage ranks top 20 among active NCAA Division I coaches. She was also named Sun Belt Conference Coach of the Year three times in 2006, 2008 and 2009. Her pinnacle in FIU was 2009 when the region is very rich in volleyball talent.

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FOOTBALL NOTEBOOK

Hilton signs with Rosenhaus Sports

JACKSON WOLEK
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T.Y. Hilton reached the peak of the mountain top at FIU. Now, he is starting over at the bottom to begin his climb into the National Football League.

His collegiate career started at FIU in 2008 by being named Sun Belt confer-
ence freshman of the year. In the span of four years, Hilton holds multiple program records and helped lead the Panthers to two consecutive bowl games while being named MVP in both of them.

Hilton completed step one of his NFL journey by hiring Drew Rosenhaus, owner of Rosenhaus Sports Representa-
tion in Miami, to be his agent.

Rosenhaus started RSR in 1988 when he was only 22 years old. He now repre-
sents around 150 NFL players, 22 of which were first round picks. Some of the
big names he represents are Chad Ochocinco, Terrell Owens, Frank Gore, DeSean Jackson and Anquan Boldin.

He also represents former Panther Antwan Barnes, who now plays for

the San Diego Chargers. Barnes was

selected in the fourth round of the 2007 NFL draft by the Baltimore Ravens with the 134th pick.

Other players to have already signed with Rosenhaus for the 2012 draft include University of Miami quarter-
back Jacory Harris, running back Lamar Miller and outside linebacker Sean Spence.

The next time Hilton will get a chance to go on the field and showcase his
talents to the NFL is in the 2012 Senior Bowl on Jan. 28 in Mobile, Ala. Hilton is the first FIU player to be invited in program history.

According to many online mock drafts, Hilton is projected to be a third round pick, but a good showing at the Senior bowl, the NFL combine and the right amount of convincing from Rosenhaus could push him up to the second round.

RECRUITING

FIU added three new Panthers to the roster in defensive lineman Fadil Brown, offensive lineman Delmar Taylor and running back Lamarq Caldwell.

Brown, who measures in at 6’5”, 265 pounds is from Charleston, S.C. and played at Burke in high school and North Carolina Tech Prep, which is Division I AA. He played both inside and outside defensive lineman and had 15 sacks and 107 tackles in his senior year. He was also named the 2010 Region Defensive player of the year.

Taylor, who was a three-star recruit.

SEE NOTEBOOK, PAGE 6

PATH TO THE NFL DRAFT

Senior Bowl • When: Jan. 28
NFL Combine • When: Feb. 22-28

SPORTS
Coley credits her family for basketball success

BRANDON WISE
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Jerica Coley is a special type of athlete. She ranks third in the nation, scoring at 24.2 points per game. Coley displays the quickness, strength and leadership that would not be expected of an sophomore who steps onto a college basketball court. However, she is not even the best athlete in her own family.

Her aunt, Tamika Coley, is the career record holder at Central Florida in basketball for points (2,006) and rebounds (1,211). She was inducted into the UCF Hall of Fame in 2001. Coley credits her for teaching her what she knows about the game.

“My aunt [also my AAU coach], taught me most of the game,” Coley said. “Because before, when I played in middle school, it was just for fun and I didn’t have that much skill.”

Coley first picked up a basketball when she was four years old in the backyard with her father, Jerry Coley, and her cousin. But she never played competitively until she reached middle school and joined the team.

“That’s because growing up in St. Petersburg, Coley’s main sport was tennis. She admits that when she first started to
play basketball, she didn’t know much of the game.

“I didn’t know much about basketball because my game was tennis,” Coley said. “But once I started playing on my aunt’s team, she got me a lot better.”

Not only did she pick up basketball quickly, her tennis skills were already at the peak. She remembers starting at an early age. “I love tennis,” Coley said. “It started as just an after school program, but then I continued to play through high school. My doubles partner and I went to the state finals one year.”

Her father knows that she still enjoys playing tennis from time to time. “(Jerica) and her cousin still go to the tennis court and hit whenever they are back home,” Jerry Coley said. “She is always staying active.”

When she attended St. Petersburg Catholic school, Coley remembers a game where her team was tied with a rival in the waning seconds.

“I made a last second shot against one of our rival schools,” Coley recalls. “Our team was running through a play. I made [the game-winning shot] and then my teammates picked me up and carried me off the court on their shoulders.”

She admits that it was a bit embarrassing.

When it came time to start thinking about college, Coley had to first decide on what sport to play. It was never a tough choice for her. She never consid-
ered any collegiate offers to play tennis, Coley had her mind set on basketball. “I knew that I didn’t want to play two sports in college,” Coley said. “And basketball had a better scholar-

A few lineup adjustments could lead to championship

I there is one thing that can be said about the current Panthers’ season, it is that sophomore Jerica Coley is a star.

Coley is currently the team leader in points and rebounds, averaging 24.2 points and 7.6 rebounds per game. With her current scoring output, Coley is in the top five in the nation. FIU is 10.5-2 on the season, although they are 0-2 in Sun Belt conference play.

Things seem to be pointing up for the team. If the Panthers want things to continue to improve, as well as make a run at the SBC title, there will need to be some improvements to make.

The way the team is currently built, the Panthers will most likely finish in the top three in the conference with Middle Tennessee possibly winning the East division and North Texas winning the West division.

The team is so close in terms of talent that the title is up for grabs to any team that can make the right adjustments, which brings the issues that the Panthers face.

Outside of Coley, only two other Panthers average double figures in points; redshirt senior Fanni Hutlassa and junior Finda Mansare. Hutlassa and Mansare are currently averaging 13.6 points and 10.6 points per game, respectively.

With an 11-point differential between Coley and the next best scorer, Hutlassa, it shows that the offense goes exclusively through Coley.

It may not necessarily be a bad thing, since Coley is such a prolific scorer, but the ball must be spread around between different players.

The Panthers can’t count on Coley to score 24 points every single night. There needs to be higher production from the rest of the starting line-up, such as Mansare, Hutlassa, Zoiefa Labady and Carmen Miloglav.

Although there is points coming from Mansare and Hutlassa, almost nothing is coming from the shooting guard and small forward positions.

Labady is currently playing 31.1 minutes per game, yet only averaging 4.1 points per game. Adding to that, she only puts up roughly four shots per game, making it seem as though she does not do much on the offensive end on most possessions.

The weakest link in the starting lineup is Miloglav. Averaging 30.5 minutes per game, Miloglav is averaging 3.3 points on four shots per game while shooting 31 percent from the floor, her assists-to-turnover ratio is at an even
one, averaging 2.9 assists and 2.9 turnovers, and she has committed the second-most turnovers on the team this season with 43, second to Coley’s 54.

Although most of what Miloglav does, such as sacrificing her body for loose balls and taking charges, is not measured by stats, there needs to be an increase in production from multiple positions to make it easier to win games.

What may help her is having her move to the point guard position and let Coley focus on the shooting responsibilities. It would give Miloglav a chance to contribute more often when FIU has the ball.

Not all is bad for the Panthers. FIU is first in the conference in multiple categories, including scoring, field goal percentage, free throw percentage, rebounding defense and blocks, while being ranked second in defense, defensive field goal percentage and assists. Hutlassa is tied for third in the conference in steals, while Coley is first in blocks with 2.6 per game.

The team has the capability of being the best in the conference. A few adjustments could be the difference between finishing in the top three in the conference to winning the championship.

Email at Rico.Abram@fiusm.com.

Miloglav notched six rebounds to help FIU win the Sun & Fun Classic.
Cristobal to stay for now, in talks for contract extension

The team saw a familiar face, former Panther Eric Frederick, who transferred out of FIU to Texas Wesleyan. Frederick’s team got the best out of his old club, defeating FIU 72-68. The Panthers almost came up with the biggest upset in school history at Maryland on Dec. 14, coming four points short, 65-61.

In that game, leading scorer Dejuan Wright injured his knee in the first half and has not been back since that game.

Isiah Thomas’ team added some height during the break, as 6-10 Brandon Moore returned against Bowling Green to notch a career high 10 points in the loss. Also, new big man Joey De La Rosa, 6-11, made his debut against Middle Tennessee where he put in four points and four rebounds and followed it with nine points and three rebounds in a win against Western Kentucky.

FOOTBALL

The prize for the most successful season in FIU history was a trip to the Beef O’Brady’s Bowl to play Conference USA opponent Marshall in St. Petersburg. It was a defensive battle for most of the game, and T.V. Hilton scored the Panthers lone touchdown with 1:31 remaining in the first quarter.

FIU did not reach the endzone again. With the score tied 10-10 late in the fourth quarter, Josh Brisk had his punt blocked, setting up the Herd to kick a 39-yard field goal to take the lead.

Easing FIU possession, Hilton coughed up the ball back to Marshall, which set up freshman quarterback Rakeem Cato to find Aaron Dobson for a 31-yard touchdown with 23 seconds left in the game to seal the FIU loss 20-10.

After the game, head coach Mario Cristobal did not comment on his future as the FIU head coach, despite rumors circulating that he was a top candidate for the University of Pittsburgh coaching job.

According to the Pittsburgh Post-Gazette, Cristobal interviewed for the Pittsburgh gig, but two days later, former Wisconsin offensive coordinator Paul Chryst was hired for that position.

Cristobal is currently in talks of another contract extension, only four months after receiving a five-year extension in August of 2011.

SMALLTOWN DIVING

FIU won the UALR Christmas invitational on Dec. 2 by scoring 902.5 points, with second place Henderson State scoring only 676.5 points.

Both Sonja Perez Arau and Sabrina Beaupre had career days by breaking multiple records.

Arau broke the previous FIU record she once held in the 200 back with a time of 2:02.53 and the 400 Individual Medley record at FIU with a time of 4:25.97. She also posted the best time of the holiday event at 2:05.29 in the 200 Individual Medley.

In diving, Sabrina Beaupre broke two FIU and Sun Belt records that she had held and qualified for the NCAA Tournament. Beaupre posted a score of 323.85 in her 1-meter and 356.0 in her three-meter dive.

On Dec 20 the team notched six victories against North Texas and five against Alabama while Beaupre took first in the 1-meter and three-meter again, making it 10 wins on the season. Arau was able to capture gold in the 500-Freestyle event with a time of 5:01.94.

The team also captured victories in the Orange Bowl Classic on Jan. 4 and FIU relays on Jan. 5 over the break.


**Student Thoughts**

**New Year’s resolutions**

**Students share their goals for self-improvement**

**SYLVIA SIMIONI**

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“I want to lose 10 pounds. I want to get straight A’s this semester. I need to edit that Timeline feature and stop Facebook from ruining my life.”

New Year’s resolutions are the most consistent, short-lived fad in recorded history, dating back as far as the ancient Babylonians renewing their annual vows to return borrowed items and pay off debt. Even so, absolving oneself of financial woe is not the only incentive prompting University students to make a fresh start in 2012. “I think the last decade has showed us the importance of the online persona,” said Bianca Calimano, a senior English literature major. “Some people scum at the beginning of the year and deactivate their Facebook profiles, only to find themselves succumbing to the ol’ blue and white monster within a week.”

A lighter tone follows students who wish not to make such a brazen move with their Internet lives. Janine Toledo, a junior education major, remarked: “I want to polish my profile this year — and stop uploading photos of what I thought, drunkenly at the time, were too funny to pass up online.”

“There are times when I want to get off the computer and lose my iPhone for a few days,” Toledo continued. “But tristal and error has shown that it’s best to just limit myself.”

According to livestrong.com, the official website of the Lance Armstrong Foundation, 20 percent of people break their New Year’s resolutions within a week, and over 60 percent leave them within the course of the year.

**40-50%** of Americans make resolutions each year.

**40-60%** of those who make resolutions are successful six months into the new year.

**20%** of Americans break their resolution in one week.

www.livestrong.com

“We’re at that point in our lives when we have experienced this type of self-defeat in not fulfilling these hefty goals,” said senior Tony Lozano, a programming major. “We quietly sweep that plan to lose weight or gain muscle under the rug, only to dust it off every year,” he added. “That doesn’t work.”

Lozano, among other students, has proposed that the feasibility of New Year’s resolutions can be reached by setting more realistic standards.

“We can start by tackling the small things,” he said. Michael Loy, a sophomore Asian studies major, has a suggestion: “Instead of saying you want to lose the 15 pounds you packed on during the second semester of your freshman year, promise to drink more water so you can avoid consuming unnecessary calories.”

Time management and academic scheduling woes: online versus in person classes

**EDWIN SIME AND VANESSA PAREDES**

life@fiusm.com

Students have a lot to consider when picking classes: instructors, time, and difficulty all weigh in before schedules are finalized. In addition to those factors, now, more than ever, students face the decision of taking courses in person or online.

The University’s plan to expand to 32,000 students by 2015 is making class-taking styles, yet there does seem to be a preferred choice in the end. The deciding factor among many students seems to be the advantages of in-person interaction. Whether it is with other students or the professor, having the face-to-face contact for many students seems to be the deal maker. When you’re right there in the class, you get to ask the teacher whatever questions you want, whereas in online classes it is more difficult to get support. It depends on the person, really. Some people do better in a classroom environment, and others like myself, prefer to teach themselves. In my opinion, it’s easier online,” said Sardi.

The pace of the course is the most notable difference between online and on-campus courses. In an online course, students can work at their own pace and can choose to complete the material anytime and anywhere. With this in mind, self-discipline and more motivation is essential to ace an online course, since much freedom is allotted to the student. Taking online courses requires an additional fee along with the regular tuition price, which covers the cost of managing and maintaining the learning management system, along with the tools, additional software, and technical support. The fee, which is $174 per online class taken, may be a deal breaker for students who are trying to save as much money as possible.

The question of which option is better is not an easy one to answer. Students agree that there are pros and cons for both class-taking styles, yet there does seem to be a preferred choice in the end. The deciding factor among many students seems to be the advantages of in-person interaction. Whether it is with other students or the professor, having the face-to-face contact for many students seems to be the deal maker. When you’re right there in the class, you get to ask the teacher whatever questions you want, whereas in

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**TOP 5: FASHION TRENDS ON CAMPUS**

**1. Sperry Top-Siders:** These comfortable shoes are no longer just a staple for sailors. Students, male and female, strut around campus in the classic boat shoes.

**2. Ray-Ban Sunglasses:** Whether its the traditional Wayfarers, Aviators, or any of the new styles, these shades are one of the most prominent around FIU.

**3. Toms Shoes:** This shoe trend has a good cause behind it. These canvas style kicks became popular for more than just their style; for every pair purchased, another is donated to a child in need.

**4. Longchamp Le Plage bags:** Simplicity and function trumps aesthetic with this perennial classic. Whether you’re going to the gym or class, these bags have been popular.

**5. Michael Kors watches:** When it comes to glamorous watches, Michael Kors has it covered. From gold stainless steel to simple rubber bands, these can be spotted on all sexes.
Big things come in small packages — literally. Recently, I attended a strength training workshop to learn how to incorporate the Bender Ball into my group fitness classes. Though seemingly harmless, the Bender Ball Method of Core Training proved to be ab-solutely amazing.

Developed by Leslee Bender, the Bender Ball Method uses a small green ball to target your core muscles. The method involves combining everyday exercises with the Bender Ball for an added challenge of stabilization, causing you to reach the upper, middle and lower abs — including the oblique muscles. Janette Janero, Fitness Program graduate assistant, said that the Recreation Center decided to bring in the Bender Balls because exercises can get monotonous. By adding the Bender Ball to your workout, a new challenge is created, making exercises that you are already familiar with fresh again.

In addition to the great workout you will achieve by using this tiny green wonder, the Bender Ball also helps prevent lower back pain. However, Janero warns that because the Bender Ball increases the intensity of the exercises, the risk for injury is also increased.

To grant you the benefits of both safety and a gratifying workout, I had Janero demonstrate a few Bender Ball exercises that you can do on your own.

### Crunch
Start off with 20 reps.

1. To begin, sit down on a mat and bend your knees with your feet positioned next to each other. Place the Bender Ball behind your lower back and stabilize it. Make sure that your ears are in line with your shoulders and cross your arms over your chest; lay your hands on your shoulders. On the way down, extend your back fully and inhale; exhale on the way up. Jenaro said that the Bender Ball crunch is her favorite exercise because it allows the spine to fully extend, which enables you to reach your core muscles at a deeper level.

2. Side Bridge and Reach
Once you find balance, hold for 10 counts. While this exercise may require a balancing act in the beginning, the bird-dog can become easy after much practice. To recreate the challenge in this exercise, put your hands and knees on the floor. Set the Bender Ball underneath your left hand and check that your hand is in line with your shoulder. Make sure that your pelvis is parallel to the floor and that your hip does not turn up. Draw your belly button in toward your spine, engage your abs, raise your left leg back behind you and extend your right arm forward. The purpose of this exercise is to keep your spine in alignment, from the tips of your toes to the front of your arm. Remember to breathe throughout this exercise.

3. 45 Degree Hold
Start off with three reps and hold for seven seconds on each side. Lay down flat on the mat with hands underneath your lower back to support your spine. Place the Bender Ball between your legs, just above your ankles and cross your right leg over your left leg. Tighten your abs and lower legs until you feel an effort to engage the abdominal muscles.

Make sure that your lower back does not get raised off of the mat and hold this position at a 45 degree angle. Bring your legs back up and switch so that the left leg is over the right leg. Repeat and make sure you breathe throughout the exercise.

4. Bird-Dog
Once you find balance, hold for 10 counts.

- With your hands and knees on the floor, reach overhead, raise your hips off the floor. Align your elbow underneath your shoulder and bend your knees with your toes to the front of your arm. Remember to breathe throughout this exercise.

- With the Bender Ball in your opposing hand, reach overhead, raise your hips off the floor and come back down. For a more challenging approach, try the second modification. Extend your legs and keep yourself supported by your elbow. For added difficulty, support yourself with your hand.

- Exhale on the way up and inhale when you come back down.

The Bender Ball caters to all fitness levels, from beginner to advanced, and it is available for purchase on the Bender Ball website for a free fitness DVD at just $10, plus shipping and handling.

It is time to get bent into shape. Be on the lookout for the Bender Ball at my Ultimate Abs and Cardio class this semester.
Photoshop creates unrealistic expectations for products

GIOVANNI GONZALEZ giovanni.gonzalez@fiusm.com

New year, new chances

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improvement are two other facets of college life best addressed in moderation. “Before you swear to yourself to get straight A’s this semester, look back at the grades you earned during the fall,” Lozano advised. “Perhaps it would be better to aim for nothing lower than a B, or better yet, to set a rational grade goalS,” mano argued. “Find the ways in which you can use downtime for something productive — even if it means using those 30 minutes you have to wait to use Megavideo to back up your photos on an external hard drive.”

The upkeep of our “online persona,” nevertheless, remains unusually important among college and graduate students. “I don’t think it’s bad to expose your life and thoughts online,” Calimano argued. “In fact, the Internet has become one of the most efficient mediums in getting your ideas across, with your name attached to them.” The success of online social platforms like Facebook and Twitter has spurred the launching of business and professional networking sites like Academia.edu and LinkedIn.

“You can risk a job offer by having no profile online just as you can by having too much of an infamous one,” she said. “I’ve already begun to clean out my inbox,” Calimano continued. “My advice is to create a profile that shows you’re serious about your business image, and I can guarantee you’ll have a leg up over those still boosting up theirs.”

Online classes questionable

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an online class you only have an email and office hours that most students don’t usually go to,” said Kettlei Jean-Louis, a freshman majoring in Education. “But I will be taking online classes in the spring because I feel that they are more convenient for students that have to work.” At the end of the day, the choice is up to the student. Online classes can be as beneficial as traditional ones, but with the increase in students and fewer spots in traditional classes available, they might have to give a second thought about taking online courses, if the shoe fits.

When the ad portrays a certain result and the product doesn’t deliver, it is hard not to feel ripped off.

Lauren Gomez, Sophomore, Business

College-aged women make up a large share of the consumer base for cosmetics and are targeted by many ads. Katherine Merlo, a psychology major, said, “I would like to see all Photoshop-banished from cosmetic ads.

Not only will it give [a] girl’s self-esteem a break by not being bombarded by images of impossibly good-looking models, but the ads will also give an accurate description of the product.” Advertisers are taking the misdirection and manipulation present in almost all ads a bit too far, and it should stop for the benefit of the consumer.

Rulings in the U.K. and U.S. found that Photoshop images in ads makes them misleading. In addition to banning misleading Photoshoping in ads, FTC has also tightened regulations that hold celebrities accountable for making claims in ads that they know cannot be true.
On December 31, 2011, as President Barack Obama signed the National Defense Authorization Act into law, America experienced a collective deja vu: an over-reaching, unconstitutional piece of legislation was being enacted a la Bush circa 2001. Our current President, whose ideology during election time seemed almost antithetical to that of former President George W. Bush’s, signed a law not only that has the potential to threaten constitutional rights, but actively disregards them entirely.

Think—Patriot Act meets limitless, physical detainment.

The most problematic part of the NDAA is that it codifies into law the justification for holding American citizens, domestically and overseas, for an unspecified, indefinite time. The presence of the Kaplan Test Prep program because it is located, but it still is, and will always be, a matter of the students’ time and intentions.

The program offers “…on-campus classes, expert advice, [and] free events and seminars on the graduate school and university admissions processes…”

The program is located within the Graham Center at the Modesto Maidagape Campus and within the Wolfe Center at the Biscayne Bay Campus. The presence of the Kaplan Test Prep program beyond GC, however, seems to be scarce, which presents a flaw in the promotion of the program to all students on campus. All of which could be solved by making it a requirement for students to enroll in the program.

Such an important and useful program should be advertised as much as possible, yet its existence is near extinction outside the program’s location.

The advertisements themselves are quite simple but succeed in stating the purpose of the Kaplan Test Prep program. Some flyers might be found on the Graham Center itself. The program is, by far, one of the busiest buildings on campus and is not necessarily the best place to focus on one thing, considering that there is almost always a lot of ongoing traffic there.

There are more Kaplan ads there, considering that is where the program is located, but it still is, and will always be, a matter of the students’ time and intentions.

I propose that the University makes it a requirement for all students to take a Kaplan Test Prep course in accordance with the exam they will eventually need to take to move onto graduate school.

If the President has “serious reservations” about this bill, he should have acted as the ultimate commander and demanded revisions.

If the intentionally vague language of the bill combined with President Obama’s statement that he had “serious reservations” about the legislation make his decision to enact the legislation either perfunctory, cowardly, or intentionally misleading.

If the President, who we believed would bring honesty and illumination to eight years of flat out lies and darkness, has “serious reservations” about this bill, he should have acted as the ultimate commander and demanded revisions.

During the signing of the bill he released a statement, “Moreover, I want to clarify that my Administration will not authorize the indefinite military detention without trial of American citizens.”

President Obama’s assertion that he does not plan to use the bill during his term illustrates a reluctance to stand by this legislation.

It is unfortunate that President Obama is ignoring the fact that future administrations could capitalize on the civil rights abuses this bill allows for.

Furthermore, his addendum to the bill, that essentially attempts to ease concerns about civil rights violations, is a careless afterthought; this bill needs more explanation than a wordy public relations spin that ultimately says nothing at all.

NEDA disregards constitution and civil rights
FIU
FLORIDA INTERNATIONAL UNIVERSITY

RENT TEXTBOOKS & SAVE OVER 50%
ON CAMPUS ONLINE 24/7

YES YOU CAN SCRIBBLE, SCRATCH HIGHLIGHT IN YOUR RENTAL TEXTBOOKS

LOWEST PRICE GUARANTEE WHEN BUYING NEW OR USED*

*Does not apply to online retailers. See bookseller for details.
Dean Hampton makes changes to magnify CSHTM

Mike Hampton, Dean of the Chaplin School of Hospitality and Tourism Management, moved his desk right near his open office door so students can see whether he is available with a slight peek. Appointed dean of CSHTM as of spring 2010, Hampton constituted changes to the school to assist students in becoming productive graduates as soon as they receive their diploma.

“Now we’re really feeling the impact of this. In a year, we’ve made high progress,” Hampton said.

According to Kathie A. Alexander, director of Budget and Human Resources, four new professors with Ph.Ds have been hired to teach in the CSHTM program from fall 2011. Two more are being hired for fall 2012.

Among these new professors are Miranda Kitterlin, graduate of University of Nevada, Las Vegas with a Ph.D in Hospitality Management and Michelle You, who has a Ph.D in Hospitality Management from UNLV. Kitterlin teaches Organizational Behavior, Facilities Management and Fundamentals of Management.

According to Hampton, Kitterlin and You create an interesting environment for students.

“The new faculty make the theoretical constructs of management come alive with real world applications,” Hampton said.

With more study abroad programs created in Peru for spring break and summer, Hampton has been working to broaden students’ minds.

Currently, plans are in progress for an academic agreement with DCT University Center School in Switzerland. DCT, located near the city of Lucerne prepares students for international careers in the fields of hotel and restaurant management or to become chefs in specific food areas.

Hampton’s advising plan encourages students to turn their résumés into portfolios integrated from coursework activities.

Students work together academic and professional experiences in order to become more attractive to prospective employers.

The Career Development office has become more centered inside the building to HTM 260 A for better access to students to stop by and receive help. With advising, Hampton hopes to assist students reach out to industries and gain exposure to areas they are interested in concentrating upon. By aligning students with associations, they get professional affiliation.

Saturday excursions are designed to give students a behind-the-scenes tour of hospitality programs across Florida including Monkey Jungle, and the Oasis of the Seas. Students get to meet with management of these programs and gain more insight into the industries. Roundtable series are every Wednesday. In the roundtable series, CEO’s of high level industries come to the Carnival Student Center and meet informally with the students. Students then have a Q&A session with the employers.

“It’s important for students to have a broad perspective for career opportunities. Demand is there,” Hampton said. “The vision I have is to prepare students to function at high levels. We are producing company executives so they can make the decisions to operate internationally.”

Construction has begun for a new teaching restaurant, food production lab, and a new brewing science center for beverage management. Fundraising has also begun for the funding of the construction of a finance lender and a graduate research building.

Hampton, along with the rest of the executive team members, do a daily walk around the school while classes are in session to speak to students. He is open to suggestions from students that he receives via Facebook, in person, and through text messages.

“He’s an abundance of energy. He is always open to new ideas and differing viewpoints,” Alexander said, “I am very fortunate he has been an amazing experience because of the professional and career development I am gaining under his leadership.”

Melissa Mendoza
bbc@fiusm.com

After a month long winter break, campus organizations are coming together to keep students from falling into the start of the semester blues.

The Office of Campus Life at the Biscayne Bay Campus, along with the Student Programming Council, Student Government Association, Office of Orientation and the Recreation Center are hosting a number of events throughout the first week of the Spring semester to welcome back students to BBC.

Kicking off the week is the “Welcome Back Beach Party” hosted by the Office of Campus Life on Jan. 9 from 11 a.m. to 2 p.m. in the Wolfe University Center’s Panther Square. The beach party will consist of activities with caricature artists, mosaic art, Caribbean themed music and food being given out on a first come first serve basis.

Following the beach party, the “SPC Square Day: Mindfreeze Game show” held on Jan. 10 will also be located in Panther Square from 11:30 a.m. to 2 p.m. The students in attendance will take part in a real-time game show and be eligible for cash prizes.

SGA will be hosting a “Book Buy Back Day,” to allow students to buy, sell or exchange their old textbooks at a reasonable price on Jan. 11 from 11 a.m. to 2 p.m. If you are not looking to choose architecture as your new profession of choice, take down your male high tower of books and bring them on down to the event in WUC 221.

The Office of Orientation will be hosting a Peer Advisor Announcement in Panther Square at 12 p.m. on Jan. 11 to assist returning partners with the new semester.

Even as the week comes to an end, the parties live on.

On Jan. 13, students walking past WUC 221, can grab some food at “Brunch at Biscayne Bay” from 10 a.m. to 11:30 a.m. The brunch, hosted by the Office of Campus Life, will be provided, as usual, on a first come first serve basis.

Making a splash at the end of the week is the “Game Day” event hosted by the BBC Center on Jan. 13 from 11 a.m. to 2 p.m. in Panther Square. It is a pregame event designed to get the students riled up for the FIU vs. Connecticut State Swamp Meet which will be Jan. 14 at 12 p.m. in the recreation pool area.

More information can be found at the Biscayne Bay Campus Life office in WUC 141 or by calling (305) 919-5804.