Professor finds voice, encourages expression

ASHLEY MARTINEZ
Contributing Writer

Students may now have a reason to express what they feel. Rebecca Covey, professor of Theater Voice and Movement in the University’s Department of Theater, said people are born with the potential to communicate anything that they desire.

“I think the self-knowledge that you gain by being able to gain awareness of habits is invaluable. It’s very easy to walk through life through an unconscious gaze because we’re always so busy. To have a simple awareness of these habits can really improve our quality of life,” Covey said.

Born in California, Covey is a graduate from the University of California in Santa Barbara. Her interest for theater, languages and cultures led her to continue her studies in France and Wisconsin, all while becoming a professional actor and performer. The classes may also help people overcome situations that may have affected their “voice’s freedom.”

“People who work in prisons, with transgender people, with victims of domestic violence or any type of violence at all, work with this to help them find a new voice and not necessarily the one established by their society,” Covey said.

“We need to be able to voice. There are so many examples of it, not only on a personal level, but a political one as well. People needing to speak about their experiences, whether it is in South Africa or in Argentina, especially now in this time of year that we’re all about the need to vote, we need to feel like our voice is heard not only on a metaphorical level, but on a real one too,” Covey said.

According to Covey, though it is believed that voice and movement classes focus more on helping future actors or performers, the exercises may be far more helpful to people who work in different fields where they are required to speak constantly.

“...I don’t necessarily have all the answers, but I have a system that can help. Once I find a way that something can lead to more ease or more vocal health, I feel even more qualified to teach that because I don’t necessarily do it naturally. People who do it naturally just need to know how to sustain, enrich and increase it,” Covey said.

For this team, the hurdle will not necessarily be on winning, but more on gauging where the team is and what they need to improve on. Russo is going to insert different rotations and implement schemes throughout the game to see how her players react.

“The main thing is just looking at players and the systems and see how they do,” Russo said. “I just hope we can go out there and play hard, hustle and stay focused.”

Every team has to overcome a huge hurdle in order to succeed. For this team, the hurdle will be the ability to maintain a high level of concentration throughout the entire season. Last year, the squad proved it was capable of sustaining a high level of concentration by going 22-10 (10-6 SBC) in the regular season.

“Basketball is a really long season, and you have to talk yourself back into playing at times,” said Russo. “We will work very hard on focus and intensity this year.”

HUMAN TRADE

Junior Abdullah, public relations major, observes a mockup display of a hostel during the “FIU4FREEDOM Week” to promote awareness of human trafficking.
Corrections

In Vol. 24, Issue 32 of The Beacon, in the story titled “FIU haunted house hopes to raise a frightening $30,000,” should have stated that the event will be on Friday, Dec. 6, from 6-9 p.m. Pressale and at the door price is $5. The Beacon will gladly change any errors. Call our UP office at 305-348-2709 or BBC at 305-919-4722.

Paul Haven
AP Staff

Former Cuban leader Fidel Castro said he doesn’t even suffer from a headache in an article he published in state-media Monday criticizing those who spread rumors he was on his death bed.

“The article, ironically titled “Fidel is Dying,” is accompanied by photos taken by son Alex Castro that show the revolutionary icon standing outside near some trees wearing a checked shirt and cowboy hat, including one in which he is seen reading Friday’s copy of the Communist Party newspaper Granma. 

Castro is leaning against a cane in the photos and he looks very much like his 86 years, but his eyes are sharp and his expression determined as he gestures with his left hand.

“I don’t even remember what a headache feels like,” Castro claims in the article, adding that he was releasing the photos to show “how dishonest” the rumor mongers have been.

Cubans reacted with a mix of support and cynicism.

“He looks well to me and the truth is I’m happy, but one day he will die because at his age he’s on borrowed time,” said Camilo Fuentes, a 67-year-old Havana resident.

“I think it is a big show,” said Carina Rojo, a 57-year-old retiree.

“People don’t care anymore ... there is much more interest in these things outside the country.”

Castro’s article was published on the state-run Cubadebate Web site early Monday, and in virtually all online state-media later in the day. It is the latest evidence the former Cuban president is alive and seemingly well after more than a week of intense speculation he was seriously ill.

RACHEL CUCURULLO
Contributing Writer

For academic advisor Craig McGill, there is plenty of “whole world of jobs” for students majoring in English.

“I think it is a big show,” said Carina Rojo, a 57-year-old retiree. “People don’t care anymore ... there is much more interest in these things outside the country.”

Event points English majors in the right direction

RACHEL CUCURULLO
Contributing Writer

For academic advisor Craig McGill, there is a “whole world of jobs” for students majoring in English.

On Thursday, Oct. 25, the Department of English is hosting “English Majors in Higher Education.”

“We are going to have folks from higher education, people working in the college setting who have chosen to go into that field.” said McGill, an adviser of the Department of English. “We are really trying to get a number of these advising events so that we can communicate information about other possibilities, other things you can do with an English degree.”

The event’s panelists include Lauren DiGiovanni, a graduation success specialist in the Office of Advising Technology and Jessica Plantada Diaz, assistant director and contract manager for Business Services who has previously worked in Athletics, dealing with compliance issues and in the General Counsel’s office on campus.

McGill said the department hopes to raise awareness of the benefits of an English major education.

“That is something we’re really working on, advocating, to get students to be able to understand and articulate the skill set that they develop as an English major,” said McGill.

The panelists will speak about the “typical” English major careers as well as the unfamiliar fields of work, such as business or government.

McGill said medical schools are interested in English majors because of the skill set they develop.

“All of those skills are interpersonal communication, analytical thinking skills and developing empathy,” said McGill.

Some of those skills are interpersonal communication, analytical thinking skills and developing empathy,” said McGill.

Carmela McIntire, associate professor and head academic advisor of the Department of English said it is hard to get into an English Ph.D. program.

“One percent of English Majors end up...” getting a Ph.D.,” McIntire said. “It’s that hard.”

According to McIntire, the event is meant to “express information to students on how to be employable.”

The event will take place Thursday, Oct. 25 at 3:30 p.m. in the Graham Center, room 235.

--news@fiusm.com
Doing it for the kids, or are they?

NERLYN GALAN
Contributing Writer

Last week, FIU played host to Derby Days, a week long philanthropic event hosted by Sigma Chi with the help of all the sororities.

This tradition dates back to 1933 and is our school’s first year participating, with the funds going towards the Children’s Miracle Network and the Huntsman Cancer Institute.

How it works is that each sorority competes against each other in events to gain points for their sorority while at the same time donating/earning money for the cause.

Some of the events include Pie-A-Sig, Coin Wars, Derby Hats, Constraction, Derby Pageant and a T-shirt sales competition. It really is a great event and a really fun way to raise money for such great causes.

From an outside female perspective, the whole thing looks like a way to have sorority women falling all over the Sigma Chi men.

I mean, let’s take a look at the events. Sign-A-Sig? Sigma Chi brothers walk around with white T-shirts getting signatures from sisters for points. What better way to meet girls than by getting their signatures on the t-shirt you’re currently wearing and having them all over you? Maybe except for the Derby hats, which is when Sigma Chis are chased down by sororities for their hats.

But isn’t it almost every guy’s dream to be chased by women? This event made that dream come true. It looked like something you would see out of a television show, one guy being chased by four girls, and all in the name of charity.

The truth to the matter is that regardless of how they did it, the guys from Sigma Chi are chased down by sorority women falling all over the Sigma Chi men. It must have been really tough getting chased by all those beautiful women.

And if that wasn’t enough attention already, what better opportunity to show off and get attention, than by being shirtless in the middle of campus looking like the wolf pack from Twilight lining up the girls to throw pies at them. While the female passersby snap their necks doing double takes to try and grab a glimpse. Need I say more?

So we must really commend these boys for bending over the hordes of rabid girls, and all in the name of charity.

But the truth to the matter is that hire of financial coordinator a good move for students

The second presidential debate focused on domestic issues, chiefly among them for us is the two candidates’ plan for higher education and student loans.

Each candidate has his own plan that either requires providing more financial aid for students or putting the responsibility on, our families, higher-ed institutions, and us.

The “right” choice is debatable, and is being debated, but what we do think is right is the University’s decision to appoint a default prevention financial aid coordinator.

While complaints can rightfully be lodged against the University with regard to a near-gouging tuition that shows no sign of backing down, appreciation and praise are due to the University for its appointment of the coordinator to help work out a payment strategy for graduates who run a risk of defaulting on their loans.

The need for such a coordinator is evident in the jump in the amount of debt with which University students graduated. The 2011-2012 fiscal year saw 48 percent of University students graduate with an average debt of more than $16,000, compared to 29 percent graduating with an average of $10,899 in 2007-2008.

The debt among University students, according to Director of Financial Aid Francisco Valines, is still “manageable,” as it’s a ways away from the national average of 66 percent.

According to Valines, it’s the 7.5 percent default rate among FIU students that we need to be concerned about, and they are the ones to whom the University is reaching out, helping 1,600 students manage their debt so far.

It’s easy in paying our myriad fees and juggling through bureaucratic hurdles and idling among the masses between classes, to think of ourselves as nothing more than dollar signs in the eyes of the University; that our voices are whispers, our problems and personal situations irrelevant.

But by reaching out to offer support for our graduates, providing plans for the employed and unemployed alike to suit their circumstances, FIU is showing a level of courtesy and concern we might not normally associate with so large an institution.

Frustrating and disheartening as tuition hikes always are, and painfully prevalent as they’ll continue to be for the next few years, there’s little else the University can do if it plans to keep the clubs, classes, majors and traditions that make it a worthwhile school.

There’s always a reason to take, it seems, but seldom a reason to provide, particularly when money is being spent on a cause that won’t pass the public’s eye, the media’s lens, or offer anything that might bolster its reputation.

The financial advice being provided, by the University, to its graduates is a subtle service. It isn’t flaunted as a symbol of FIU’s big heart, as it could so easily be. And while a strong conservative argument can be made about this service being a waste of money and staff, unnecessary efforts being spent on the needs of people who no longer attend, it’s a meaningful gesture and a strong one at that - toward the student body, showing that we might mean something more than a payday for the University to which we give so much. And if only for that, it seems worthwhile.
Students put on their sunglasses...with their raincoats

HOLLY MICOACH
Staff Writer

Is rainy 80-degree weather the new autumn weather pattern? Hot weather and excessive amounts of rain in South Florida are making history. This past June, the heat rose to a roasting 95 degrees. This is common for summer in Miami, but temperatures barely cooled since then.

September had highs of approximately 93 degrees, and October followed the trend with a high of 90 degrees, according to Climatetations.com.

Where’s fall? Hugh Willoughby, research professor from the Earth and Environment Department at the University says there is no specific reason for changes. However, one of them has to do with a long wave trough, a V-shaped pattern in the wind that blows out of northwestern America and up into Greenland.

“Normally, about now — or two weeks ago — we would have gotten our first front, which is normally very dry and cool,” said Willoughby.

The bottom of this trough is what determines the distribution of weather. Right now, the “bottom” is located around the Louisiana and Arkansas area, causing our current weather conditions.

These troughs exist worldwide, which determines the climate of all regions. They are controlled by the temperature differences between the equator and the poles, as well as shifts in ocean temperature.

“The amplitude of these troughs becomes larger and smaller from year to year, and the North American long wave trough is not as large this year as other years, giving us warm days. We are going to see cold fronts coming through, maybe later than normal,” said Willoughby.

Garrett Pierman, Michigan native and sophmore political science and international relations major, is perplexed by this change.

“Only in Miami have I ever worn both sunglasses and a raincoat at the same time,” said Pierman. “I mean, sure, it will probably be sunny when I leave my dorm, but by the time I get to [Deuxieme Mason], it will almost surely be raining cats and dogs.”

The record amount of rain this year was in May, with 9.70 inches. September places second with approximately 3.75 inches, according to Climatetations.com. Jessica Peña, a sophmore linguistics major loves 20 minutes just in a way it rains that day and I don’t like driving home in damp clothing,” said Peña.

“Though, the wet clothes keep me cool when the sun starts blazing right after. Only in Miami.”

For Matthew Ruiz, a junior music technology major, the rain affected more than his comfort.

“This summer, mine and four of my friends’ car batteries died because of the heat. I found that weird,” said Ruiz. “I hated that it rained so much, and because of it, we had to cancel a lot of marching band rehearsals. This forced us to learn our shows at the last minute.”

Sophomore sociology major, Santiago Hernandez, credits his longboard for relieving him from the heat.

“If it wasn’t for my longboard getting me to class quickly, I would be breaking a sweat just being outside in between classes,” said Hernandez.

Although the heat has peaked in the 90s since June, November should see slightly cooler temperatures, from 78 to 83 degrees, according to AccuWeather.com.

As for the rain, umbrellas will continue to be useful until the end of October.

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COVER TO COVER

Veronica Roth’s ‘Divergent’

is a dystopian debut

Divided between the life she safely knows and the life she desperately wishes to lead, Beatrice Prior must face her fears in a battle of self-doubt, warring factions, and a suppressive society to make her vision of the perfect life come true.

MARCY DIAZ

 Veronica Roth may follow almost every cookie-cutter rule to writing a present day dystopian novel, however her ability to capture audiences from the start and keep a high pace throughout the majority of the novel, makes her debut novel “Divergent” a good choice for reader’s looking for a simple, entertaining read.

Set in a futuristic version of Chicago, life for 16-year-old protagonist Beatrice consists of finding her place in her split society. Five groups, or factions, frame the entirety of the city and each takes a special interest for one common virtue, such as the Abnegation faction Beatrice was born into that focuses their people to be unselfishly selfless.

After many an internal struggle and a shocking discovery, Beatrice, later taking on the name “Tris,” makes the unthinkable decision of turning away from her home faction and becoming what she has always wanted—Dauntless, the faction of the brave.

When Tris starts her initiations into the faction of her dreams, she finds that, along with a reputation of being brave, the Dauntless an impulse for the completely reckless, that consists of jumping off trains and really high places.

As time passes, however, the young heroine discovers an underlying struggle that threatens her and everyone she loves. Understandably, for all of Roth’s first novel efforts this novel was exactly what it aimed to be, a teen dystopian novel. Nothing more, nothing less. The majority of the story’s plot and characters were somewhat lacking in originality including but not limited to having a small cast of undynamic supporting characters, and a “I-saw-it-coming-a-mile-away” teen romance that envelopes.

However, within reading the first chapters of “Divergent,” readers will be entranced by Roth’s fast-paced phrases and vivid action scenes.

“I’m not one to read that many books,” said Laura Simmons, a senior physical education major. “But this one got me asking for a sequel right away. So happy it came out already, because the ending was unbearable.”

---marcy.diaz@fiu.com

CALENDAR

FALL 2012 EVENTS

WEDNESDAY, OCT. 24

CAMPUS SUSTAINABILITY DAY
WHEN: All day
WHERE: MMC
HOW MUCH: Free to students
WHERE: MMC Green Library
Breezeway

COLLEGE WRITING WITH WORD
WHEN: All day
WHERE: MMC
HOW MUCH: Free to students
WHERE: BBC A1C-393

PHOTOSHOP ESSENTIALS
WHEN: 11:00 a.m. to 12:00 p.m.
HOW MUCH: Free to students
WHERE: BBC A1C-393

THURSDAY, OCT. 25

EMRA 2012 CONFER- ENCE Recap
WHEN: 12:00 p.m.
WHERE: MMC
HOW MUCH: Free
WHERE: MMC NKE 170

FIU WOMEN’S BASKETBALL VS UNIVERSITY OF QUEBEC
WHEN: 6:00 p.m.
WHERE: MMC
HOW MUCH: Free
WHERE: MMC US Century Bank Arena

LECTURER: MONICA VÁZQUEZ
WHEN: 5:00 to 6:30 p.m.
HOW MUCH: Free
WHERE: MMC PSA 115

To have your event featured, please email calendar@fiu.com
Get to campus the quick and easy way. Just take a car2go when you need it, and leave it when you’re done. No mandatory reservations, no late fees. For a limited time, students get free registration and 30 minutes free at Miami.car2go.com (promo code: COLLEGE).

Must be 18 years or older and have a valid U.S. driver’s license to register. Free minutes of driving time are valid for 60 days after credited to an account, unless otherwise noted.
**SPORTS**

**WOMEN’S SOCCER**

**MICHAEL ORTEGA**
**Contributing Writer**

FIU took home field for the last time on Sunday and shut out the University of Arkansas Little Rock. However, this wasn’t only the final home game of the season, but the final home game ever for a few of the athletes.

“We knew what this game meant for the team and how important it was for the girls that were leaving,” said sophomore midfielder Johanna Volz. “This was a must-win game for us.”

The Panthers (10-5-2, 7-1-1 SBC) came out showing great offense and strong defense. On offense, the team took a quick six-goal lead in the first half, the most in a half so far this season.

“We focused on attacking this game. We didn’t want to let up the pressure,” said sophomore midfielder Scarlett Montoya. “We have been focusing on offense in practice all week and it showed this weekend.”

As the game came to an end and FIU ensured the win over UALR 7-0, emotions took over the team and fans who knew this was the last home game for some. As the team rejoiced over the win and inched another step closer to the conference tournament, some girls could only think back to their careers here at the FIU Soccer Field.

Among them was senior goalkeeper Kaityln Savage who was honored before the game.

She finishes her career with an outstanding home record of 22-5-2, which helped lead FIU to the top of the conference for four years straight. She also led FIU to the conference tournament and to an NCAA tournament last year.

“It felt great to be a part of this team and the whole FIU organization. I am sure proud to leave this team and know that I helped in its growth and development for the future,” Savage said. “I know this was my last home game but we still have a season to finish and that’s all that’s on my mind now.”

After all of the emotions of this game, the only thing on the girls’ minds is to finish this season a head and ready to win the conference tournament.

Though FIU is already guaranteed a spot in the Sun Belt Conference tournament, it’s a matter of deciding what seed they’ll be. “The Panthers sit in third place and are in eighth place in the conference,” Savage said. “FIU’s strategy against FAU will be offense. In the last three games, the Panthers have shot almost 100 times.”

“The Owls are 5-11-0 overall and are in eighth place in the conference, but that doesn’t mean much to them or FIU. “We know we have to come out with a win here and it’s not going to be easy on the road but we will do it,” said Volz.

**Coach criticizes home attendance as season approaches**

**Jason Sons/The Beacon**

The Panthers scored six first half goals against UALR on Oct. 21. They finished the game with a 7-0 win.

The Owls are 5-11-0 overall and are in eighth place in the conference, but that doesn’t mean much to them or FIU.

“FAU is a team with a lot of pride and always well coached; they are a team we cannot sleep on,” said Head Coach Thomas Chestnut. “They have nothing to lose so you know they are going to come out and play hard. We are going to have to be ready for them.”

On defense, the Panthers will have to watch out for Claire Emslie with 10 goals, which is one more goal than FIU’s lead offensive player Montoya who has nine.

FIU’s strategy against FAU will be offense. In the last three games, the Panthers have shot almost 100 times.

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“We know we have to come out with a win here and it’s not going to be easy on the road but we will do it,” said Volz.

**WOMEN’S BASKETBALL**

**Coach criticizes home attendance as season approaches**

**BASKETBALL, PAGE 1**

Russo and her staff have implemented some unique rules within her practices in order to establish focus and intensity. When explaining a specific drill or scheme in practice, Russo designates a couple of minutes for questions on whatever it may be that they are going over.

Once that time period is up, no more questions are allowed and if the players do not know how to continue, they get pulled out of the drill and could eventually be sent home.

“They are a multitask type of generation, but they don’t do anything really well,” Russo said.

**ALL EYES ON COLEY**

This year, junior guard Jerica Coley will work to have the fact that every opponent faces her will be more exciting as her individual play and team success takes on a greater intensity.

Coley was sixth in the nation in scoring, while averaging 23.4 points per game. Coley was also the Sun Belt Conference Player of the Year in 2011 and named Associated Press All-America Honorable Mention. Coley also led FIU in rebounds, assists and blocks.

“I told her you know what a target looks like, like if you go to shop at Target, that’s what’s on your back,” Russo said.

Coley’s transition into her junior year will be an interesting one. One of Coley’s responsibilities this year is to become the leader of the squad as a junior. Despite this added pressure, Russo is confident she can succeed.

“She’s about the coolest, calmest, collective kid,” Russo said. “I’m working with her to be more of a leader and not try and do everything on her own shoulders.”

**ANYBODY HOME?**

Last year, only around 368 fans showed up to every home game at the U.S. Century Bank Arena, third worst in the conference. The total attendance for all 16 home games was 6,624 fans.

A home crowd is supposed to fire up the home team and create sparks throughout the games that will help them pull off a victory. This is something that can be seldom said about the crowd at FIU.

“It’s horrible, horrible, horrible,” said Russo. “I think we look forward to going away at times because at least we play in front of fans. And that’s sad.”

“I feel so bad for the kids because they just practice so hard and there’s nobody there and they’re always late if they do come,” Russo said. “At least they have people before the game to throw t-shirts out to. That’s sad. Sometimes, we have to throw two to one person. It’s not a bad team, because forget it, they won’t support a losing team.”

**SPORTS**

**The Beacon – 6 Wednesday, October 24, 2012**

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Wednesday, October 24, 2012

www.fiusm.com
SPORTS

The Beacon – Wednesday, October 24, 2012

JONATHAN JACOBSKIND
Staff Writer

If FIU’s record was based on optimism and not its performance on the volleyball court, the Panthers would be undefeated.

After two crucial wins against University of Louisiana Monroe and North Texas, FIU (7-15, 4-6 SBC) retains high hopes as the season comes to an end.

“Winning helps everything. Even when we were losing, our mindset was in a good place. A lot of teams would take the losses that we had and quit, but we don’t feel like our bunch has done that,” said Assistant Coach Travers Green. “Our team moral and optimism was probably what led to those wins this weekend…I think things look like they’re slowly beginning to turn around.”

It seems as if the coaching staff finally found a new formation to run with. All week in practice, the squad scrambled in and out of position with some players playing completely out of their normal spots in order to gel together as a cohesive unit.

“Throughout the course of the season, we’ve been running two different systems, a 6-2, which is a two-setter offense, and a 5-1 which is a one-setter offense. Due to a lot of the injuries we’ve had kind of had to switch back and forth to find what is going to work best for us,” Green said. “Last week when we switched in a 5-1…we saw some things that we liked, so then we just decided to be more consistent with our lineup and see it moving forward.”

After beginning the season on a boiling start, freshman Ashlee Hodgskin has seen her playing time drop because she did not dress for the matches against North Texas and ULM. Hodgskin was the team’s leading setter before she was forced to sit after being hampered by a knee and back injury.

Because of Hodgskin’s inactive status, the coaching staff expects senior setter Renele Forde to be the cornerstone of this newly implemented lineup. Forde, who was sidelined with an abdominal injury for a few weeks this season has returned with a vengeance and has given the team the spark of energy, along with the senior leadership, the team urgently needed.

As the season continues to truck along, there still has not been a Jovana Bjelica sighting. Bjelica, who is expected to graduate after this season, would be eligible to return for a fifth year pending if she is granted a red shirt by the NCAA. “Redshirting” athletes gives them an extra year to play for a team, usually because they were injured one entire year or had academic issues.

That decision, though, rests on the coaching staff; they can either bring the All Sun Belt outside hitter and prep her up for a strong return in 2013.

“We do not know yet exactly what we’re going to do with Jovana. We’re still hoping she can return this season. But if she doesn’t, we’ll discuss the options at that time,” Travers said.

With the 2012 season being a down year for FIU’s standards, possible recruits have also taken notice. However, with the possibility of being able to come in and play right away as well as the move to Conference USA, recruits are unfazed by the overall record and are sold on what the program has to offer.

“We are very optimistic of who we are going to bring in. We have told a lot of our recruits that with the coaching change, it’s going to take a little bit of time to change the culture and they were receptive to that,” Travers said. “The recruits are equally excited that we are going to be able to change things around and the move into Conference USA has definitely assisted us with the recruiting process.”

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ORGANIC MATTER

The diet and price of healthier foods for students

JOEY CRUZ
Staff Writer

American people are the most obese people in the world and some might think it’s because unhealthy food costs much less than healthier and organic options.

The misconception is understandable. Over 35 percent of U.S. citizens are overweight, according to the Centers for Disease Control and Prevention.

Organic fruits and vegetables are grown free of pesticides.

Angie Placeres, a nutritionist and a visiting instructor of dietetics and nutrition, said the prices are not the problem.

“It definitely may cost more if you eat or shop organic, but organization and planning for the week are easy to eat healthier and save money,” Placeres said.

Placeres is no stranger to a fast paced lifestyle. She has to feed her family after commuting to hospitals from college campuses. She buys large meals to share and saves leftovers. She buys fruit in bulk that are on sale for the week and packs lunches as much as possible.

Some people often go to fast food places because they are cheaper and come out faster.

“I always tell my patients, if they eat fast food to maintain conscious choices ‘eat grilled chicken rather than breaded, try eating salads with light dressing and avoid fatty foods like burgers and fries,’” Placeres said.

Placeres said that most fast food restaurants have choice menus. Javier Carlin, a senior biology major is a regular customer at Salad Creations in PG5 at Modesto Maidique campus.

“A burrito at Moe’s costs the same or more than a salad at Salad Creations,” Carlin said.

He recently started eating healthier, but currently does not plan out his eating habits. He admits cheating in between classes at times by snacking on chips or candy bars.

“If I planned and packed lunch, I could make food for the week for what I would pay for two salads here,” Carlin said.

He spends between $10 to $14 a day on two meals.

Valerie Macias, a sophomore hospitality major, has been a vegetarian for more than a year. She shop for groceries every Sunday, buying everything she needs for the week.

Macias spends around $50 a week on organic groceries. She packs salads for lunch, as well as blended juices as snacks throughout her day.

Macias said she feels better than she did before she became vegetarian and is saving money in the process.

“I used to spend up to $20 a day on fast food and eating out,” Macias said. “I cut that number in half just by avoiding laziness and going food shopping.”

Organic foods are more expensive than the generic brands. Foods in Publix’s organic brand, Green-Wise, do not have chemicals and are organic certified by the U.S. Department of Agriculture.

Green-Wise mayonnaise is currently priced at $5.39 for the 22-ounce bottle, compared to the generic Publix mayonnaise, which costs $3.49.

A Green-Wise chicken costs $5 versus a $4 generic publix brand chicken.

A GreenWise half gallon milk costs $4 while the generic publix brand costs $3.49.

They contain more nutrients, vitamins and contain fewer calories than the generic brands.

Placeres feels that there are too many food options in this country. She agrees with breaking the boundaries every once in awhile.

“Don’t think of cheating your diet as cheating,” Placeres said. “Think of it as breaking the rules in moderation.”

—joey.cruz@fiusm.com

PREVIEW

Club fair gets spooky

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Contributing Writer

Panther Square will soon be “BOO000-ming” with activity come Halloween Day.

The Student Organizations Council is gearing up for its Halloween Club Fair, set for Wednesday, Oct. 31 complete with a Halloween theme from 1 p.m.-3 p.m. in Panther Square in Wolfe University Center.

Most Biscayne Bay Campus clubs are set for attendance at the fair, including 16 newly created clubs on campus.

Michael Aquino, president of SOC, is expecting around 200 students to show up for the event, which would be about double the amount of students that showed up for the fair last year.

Last year’s club fair had activities like a henna tattoo station and pumpkin bowling. There were also Halloween-themed foods including candied apples.

This year the Halloween factor will be amped up.

There will be photo opportunities with a live tarantula, face and mask painting, and candied apples and caramel popcorn will be served.

Aurélia Luchkan, asian studies major and part of the Drama Club on campus, is not sure whether or not her club will be participating in the club fair, but will stop by to check out the festivities in between classes, especially the face painting.

The Halloween theme aims to bring a spooky air to campus as participants will be dressed up in costumes.

“We encourage organizations and students to dress up for the occasion,” Aquino said. “We also will be having Halloween-themed activities at every booth, including games and trivia.”

There will also be a costume contest. Sophomore Farida Quant, civil engineering major, is excited for the club fair.

“I’m most excited for the costume contest and the live tarantula,” Quant said. “I want to see it but I won’t touch it.”

Anticipation for the fair is building, but Halloween won’t be Halloween without the traditional trick-or-treat routine.

As to whether there will be any tricks or treats at the SOC Club Fair, Aquino said there will be lots of little treats given out but for tricks he said, “you’ll just have to wait and see.”

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