Jogging path planned to connect students to FIU Nature Preserve

CAMILA FERNANDEZ
Contributing Writer

The University will take its first steps on a mission to bring nature and students together Nov. 15 at the unveiling of a new jogging path at Modesto A. Maidique Campus – a project by the Office of University Sustainability, University’s Housing and Residential Life and FIU Recreation Services.

The path is a vision by the University’s Nature Preserve Manager Ryan Vogel, who said he will finally get to see his dream become a reality.

“My friends and colleagues laughed at the idea, stating that I would never be able to get this approved or funded – but eventually I did,” said Vogel.

According to Vogel, it was during the end of 2012 when the innovative idea came to the attention of the powers that be as the Modesto A. Maidique Campus’ first jogging path began to appear as a real possibility.

Not only will this path be significant, but the chance to travel and to understand different cultures while pursuing their degrees. However, these opportunities can leave a hole burning in students’ pockets – raising questions about the financial aid and scholarships can lessen the burden

Students sacrifice it all to study abroad, Office says

ANDREA SANMIGUEL
Staff Writer

Roberto Nicolicchia, a junior international business and finance major, said he sold his car and spent over $15,000 to study abroad.

The University offers many study abroad programs for students wishing to explore new cultures while pursuing their degrees. However, these opportunities can leave a hole burning in students’ pockets – raising questions about the programs' affordability and the worth of the experience.

“These were the best seven months of my life,” said Nicolicchia, who participated in the Arcadia University study abroad program, Arcadia in Rome.

“The benefits outweigh the costs,” said Grace Taylor, a graduate and associate director of the Office of Education Abroad; she was able to study abroad at Kansas Gaidai University in Japan while she was a student during spring of 2009.

Taylor said students assume that study abroad programs are unaffordable and out of reach, but there are options students can take advantage of.

Intramural athletes offer on-site care

SIMONE GARVEY-EVAN
Staff Writer

The College of Nursing and Health Sciences recently launched a free Athletic Training Program for students involved in intramural sports and others with any musculoskeletal injuries. With this new program, intramural participants have the convenience of an athletic trainer present on the field providing immediate care in case anyone gets injured; students with any musculoskeletal injuries can also visit the clinic.

Participants are evaluated, treated and rehabilitated in Room 108 of the University Health Services Complex.

Jennifer Doherty-Restrepo, director of the Athletic Training Program, worked with Director of Student Health Services Oscar Loynaz and Interim Medical Director of Student Health Services Saara Schwartz to create this program.

“We pulled Robert Frye, director of Recreation Services, into the discussion and it became very apparent right away that this was a gap in the potential services that could be provided to FIU students,” said Doherty-Restrepo.

“We worked collaboratively and created a full-time athletic training position.”

“I was actually really surprised when Frye came to me about this position for intramural sports and that there were no medical personnel covering hundreds of kids that are out here playing sports at one time,” said Charlie Holliday, the program’s athletic trainer.

“And you know those certain athletes aren’t necessarily conditioned for those types of sports, unlike varsity athletes who practice every day.” Holliday is an alumna who obtained her master’s in athletic training and, as of right now, is the only athletic trainer that the program has since its launch in September. She sees on average three to five patients a day and also treats musculoskeletal injuries for students who are not intramural participants.

Some students like Dyah Owens, a senior majoring in international business and marketing, have been injured on the intramural field before and think highly of this new program.

“With these sports, you’re playing with no type of pads or protection, so there’s a lot of impact and the turf is a little rough,” said Owens. “Last year I hurt my wrist and all I could do was ice it and go to Health Services which was inconvenient, but having someone available right there on the field is great.”

Students who look forward to studying abroad can spend roughly around $6,000 to $15,000 on one trip, housing and food included. Many students can agree, it's just a small price to pay for such an “incredible experience,” said Charifa Khod Agha, senior international relations major.

With a Certificate in Middle East and Central Asia, Khod Agha was able to travel to American University in Dubai for her abroad experience, which was funded by the help of scholarships and financial aid.

The chance to travel and to understand someone else’s culture is worth it.

Charifa Khod Agha
Senior International Relations

Costs vary by program.

The study abroad offices, located in Primera Casa 113, offer workshops not only to finance, but to guide students through the necessary steps toward their destination.

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Students lose out to full-time programs

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Pakistan: 3 percent of drone deaths were civilians

The Pakistani government said Wednesday that three percent of the people killed in U.S.-drone strikes since 2008 were civilians, a surprisingly low figure that could alter the highly negative public perception of the attacks.

The number, which was provided by the Ministry of Defense to the Senate, is much lower than past government calculations and estimates by independent organizations. The ministry said 317 drone strikes have killed 2,160 Islamic militants and 67 civilians since 2008. The attacks are widely disliked in Pakistan, where many people who live near the border into Afghanistan have fled to avoid testing for the hells as the military sought to extinguish the 18-month insurgency, officials said.

As the army retook the town of Bunagana, leaving the M23 with a small sliver of territory, the civilian head of their movement crossed the border into Uganda prompting calls for his humanitarian mission to be grounded.

The M23 with a small sliver of territory, the army retook the town of Bunagana, leaving

Congo army takes M23 rebel stronghold

FIU’s Nature Preserve was established in 1978 and is a historical stronghold of the Everglades dominated South Florida before the Tamiami Canal drained the area.

The jogging paths that we have right there on the field is great. Owens is a flag football player. It’s important to raise awareness for this program because of all this money we spend at FIU, said Michael Robinson, junior criminal justice major and fellow flag football player.

According to Doherty-Restrepo, this program is free for students because it is being covered by their student health fees. She also said that the student health services fund this program, but that the $10 million donation from the CNHS received from the Wertheims did not have a role in it.

It’s great. We need something free anyway because of all this money we spend at FIU, said Robinson about the fact that the athletic training program is covered by student health fees.

As of right now, the athletic training program is offered only for intramural sports. And other activities that could benefit students with musculoskeletal injuries. Club sports will be added in the future.

Students interested in studying abroad can find help plan finances

On-campus trainer to help intramural sports athletes, injured students

Athletics, Page 1

I hurt my wrist and all I could do was ice it and go to Health Services which was inconvenient, but having someone available right there on the field is great.

Owens is a flag football player. “It’s important to raise awareness for this program because we will have more involvement from students because if somebody gets hurt and they know that one is out there to help them, they don’t want to go and sit themselves in that situation,” said Michael Robinson, junior criminal justice major and fellow flag football player.

According to Doherty-Restrepo, this program is free for students because it is being covered by their student health fees. She also said that the student health services fund this program, but that the $10 million donation from the CNHS received from the Wertheims did not have a role in it.

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For more news, check out FIUSM.com.

Hang on, it’s another one, so to speak... you’ve got to keep a keen eye on your money as you’re dealing with institutions that help with your financial aid," said Khole Apha. "The chance to travel and to understand someone else’s culture is worth it."

Marcy Diaz, a sophomore pursuing a graduate student, said she understands that the dollar sign is very scary for students but ... the field is great. "It changed my life," Taylor said. "I had the chance to have the college experience, but to the next level."

"International studies not only improves your language and cultural immersion, but provides personal growth, networking and many more. It’s an experience that could benefit students later on in their careers," she said.
Gender and its place in the classroom

RAUL HERRERA
Staff Writer

I want you to think back on all of the professors you’ve had. How many of them were male? How many of them were female? What about your teachers in high school, middle school, primary school? Think on your mentors, parents/parental figures. Keep these thoughts in mind.

The gender of our professors tends to play a part in how they teach the class. I say “tends to” for a reason. Keep that in mind as you read on.

Men and women are different. I’m not referring to the obvious (no matter how hard I try, I just can’t get pregnant). Our psychologies tend to be different. While there is a contentious debate amongst psychologists on how deep that dissimilarity is (the American Psychological Association for example, disagrees with my assertion, while others, like Dr. Tamara McClintock Greenberg from Psychology Today, agree), there are certain traits we can notice in our everyday lives.

Of course, some of these are social and cultural norms but even still, there tends to be an underlying difference, no matter how minute. The psychological traits of professors tend to affect how they react to the external stimuli that are riddled throughout the class setting, the part that gender plays is notable.

There’s that phrase again: “tends to.” I say that because of my sincere belief that human beings have been created as individuals. Not all women act the same. Not all men act the same. We may belong to several collective boxes, such as gender, but there are still traits or even quirks that make us unique. This, too, plays a part in the equation that is the professor’s psychology.

Now, some would see these differences as a negative quality. Their fear borders on the line that “if men and women are different in the ways they teach, does this mean that they must be treated as though one is inferior to the other?” I would never disagree. Distinctions do not necessarily make one professor better than the other (unless, of course, they think it’s right to slap their students in the face if they dare question his genius, which indicates that they are horrible at their job). Rather, they create dynamic environments that prepare students for the future.

You, as a student, will run into all sorts of people in your life. You, as a student, will be put in challenging and diverse situations both inside and outside of FIU. Ergo, you must prepare for these events through professors.

It is my suggestion that, rather than deeming the indication of differences between male and female professors as sexist, or using these psychological contrasts to attack either sex, we embrace the variance. This should be paired with an embrace of the individuality of the particular instructor, his/her own uniqueness, to create a dynamic education system for our university.

It takes a mother and father, or at least a semblance of the two, to raise a child. It takes a woman professor and a man professor to teach many classes, and many students. It takes individuals to instill insight and knowledge. Rather than pointing these differences as disadvantages, we should see them as good things.

-Shannon Copeland
Contributing Writer

Fighting off the feelings of homesickness

Are you homesick? Well guess what, I am too!

Coming from a country with a population of under 3 million people to a State with over 18 million people, I honestly miss every face I know and don’t know.

Jamaica is a small island with a warm group of people who love life, food and music. We also have one of the best dishes in the world, Jerk Chicken. It’s always sunny in Jamaica and even the breeze sounds like music, reggae music. I know all my neighbors and the language they speak; plus, they never fail to let me know they used to see me in diapers.

Home is a memory that can never leave you, even if you leave your home.

So when I came to the US, I first thought, “who me, I’ll never miss Jamaica. I’m in a new country with new people and I’ll fit right in, no one will know I’m a foreigner,” as most foreigners think.

I learned the hard way, and to say I experienced culture shock or homesickness does not sum it all up. But when I miss Jamaica, the food and my family—especially my brother who is my best friend (sad, but he is)—I have a few things that I do, so I thought I would share some with you.

First, have friends from your home country; they’re the best way to remain sane when you feel like you’re losing your mind.

My best friend (not my brother) just happens to be Jamaican and when we talk on the phone, we lose track of time. We talk about our life back home and for those 3 hours, we reminisce about the past until it becomes the present. We laugh, we cry, we argue about school days and the home that seems a million miles away is now so tangible in front of us.

Second, do activities you did in your country, be it playing sports, watching movies or going to the beach. I used to watch movies and TV series a lot with my brother and Smallville was the only television program that made going into my dad’s room with my brother a once in a lifetime event.

Why, you say? My dad actually smiled and on few occasions, he laughed out loud. My dad is not the easiest nut to crack and he came home before 5 p.m. just to watch Smallville together.

So when the homesick bug paid me a visit last year, I got all 10 seasons of Smallville and all those good memories back; it’s as if I never left home.

Finally, this is one thing that most people will agree with: food.

Cook a big dinner, invite all your friends, put on a movie you all know and love and have a good time.

If nothing can heal homesickness, food can.

-Shannon Copeland
Contributing Writer

The opinions presented within this page do not represent the views of The Beacon Board. These views are separate from editorial and reflect individual perspectives of contributing writers and/or members of the University community.

Send Us Your Letters
Have something on your mind? Send your thoughts (400 words maximum) to opinion@fiusm.com or drop by our offices at either GC 210 or WUC 316. With your letter, be sure to include your name, major, year, and copy of your student ID. The Beacon will only run one letter a month from any individual.

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Finding love before the holidays: Match me, please.com!

Solo Kurt Vile makes a “grand entrance”

It’s been a great year for Miami’s music scene in terms of debut performances, and this Friday’s concert is no exception. Presented by Sweat Records and Grand Central, Kurt Vile and the Violators are scheduled to change the vibes this November 1. Opening bands include VBA and Jocals The Band in Heaven.

Kurt Vile’s music portrays introspectiveness, solitude, curiosity and a hunger for understanding.

Kurt Vile’s Wakin’ On A Pretty Daze tour is an amendment to his west coast tour, which took place earlier this year. Miami is the 12th stop this fall, but the tour will cover the North American east coast, the UK and Western Europe until December. Touring with Kurt Vile and his band is Brooklyn indie-rock band Beach Fossils, who will open for him at Grand Central among other stops.

Reigning from Philadelphia, Kurt Vile’s music portrays introspectiveness, solitude, curiosity and a hunger for understanding. His most recent album, “Wakin’ On A Pretty Daze,” emulates this perfectly and continues to receive positive feedback from listeners and the press. “Smoke Ring For My Halo” does not fall behind; it’s melodic portrayal of loneliness was embraced by the likes of Billboard Top 200.

Beach Fossils, on the other hand, could also be considered another main act for those who are fans of melodic lo-fi Brooklyn guitar; they’ve proven to promise a nostalgic experience, after they left me daydreaming last year at Prima vera Sound. However, it will be interesting to see how the two bands will maintain a characteristic feel (I’m planning on wearing a long skirt) to the concert considering their differing styles.

The concert will be held Friday, November 1, at Grand Central in Miami. The doors open at 8 pm and tickets are $15. Expect to leave wanting to grow out your hair and hit the road... forever.

Next up is Chemistry.com! As I received several e-mails, winks and couple of hours I had the profile up, I selected the place to meet him. If I was brave enough to do this it needed to be where I felt comfortable and safe. I felt more nervous than I would admit to myself but after a glass of wine conversation flew easily. He is very eccentric, and I say that because to sunbathe he chooses to use coconut oil and refuses to use deodorant at all. I know what you think, the best road is the one you use.

Profile Insights:
- Who viewed me (500+)
- Who favored me
- Who liked my photo
- Your public profile view...

Daniela Walter / The Beacon

IN HER WORDS

We have all heard at some point a successful story about online dating websites. I have always been curious to find out more about this unique way on finding your match.

After dating a guy for almost a year, things were over from night to day and the question in my head rose “Were we at any point matches at all?” Honestly I could not figure things out, but I would not be dwelling on something I felt I had to let go.

The time to try online dating was here and socializing over wine and meeting someone new sounded like a pretty good idea to me. I didn’t think twice and I emailed the Life! editor with this naive “finding love before the holidays” concept, in which I would try out most of the dating websites and see how they would really work in real life, write a twice a month column on it and go on an actual date. The editor approved the concept after going into details on what this column would entail and that I would be doing it for the right reasons. So it began.

We have all heard at some point a successful story about online dating websites. I have always been curious to find out more about this unique way on finding your match.

I registered myself with my real name, implying I had to pay. There needed to be where I felt comfortable and safe. I felt more nervous than I would admit to myself but after a glass of wine conversation flew easily. He is very eccentric, and I say that because to sunbathe he chooses to use coconut oil and refuses to use deodorant at all. I know what you think, the best road is the one you use.

Profile Insights:
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Daniela Walter / The Beacon
Get dough from your roommates before the pizza gets delivered.

Bluebird makes money transfers between friends fast and easy.

Register at BluebirdforCollege.com or get a $5 Account Set-Up Kit at your local Walmart.

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Panthers take on Conference leading Pirates

FRANCISCO RIVERO
Sports Director

After limping to a 1-6 start to begin the year, the FIU football team looks to salvage what’s left of its season as they welcome Conference USA rival East Carolina.

The C-USA leading Pirates come to Miami with a record of 5-2 and a conference record of 3-1 and just having beaten Southern Mississippi by a score of 55-14.

Head Coach Ruffin McNeill understands that FIU is not a team to take lightly and that under the guidance of Head Coach Ron Turner and his pro-style offense the Panthers will be quite the challenge.

“He’s been on all levels, from the NFL to the Big Ten. He’s implementing his personality into FIU with a pro-style offense, four down linemen and a multiple defense with even-type fronts, which have a lot of movement, stunning and blitzing up front.”

McNeill said in a press conference via ECU Athletics. “He’s trying to convert FIU from more of a quarterback-running, zone-read type offense to what he wants as far as the pro-style. He has open sets, but he has more closed sets than we’ve seen this year with dual tight ends, two [running] backs, wings and trying to out-leverage you and gain advantages by personnel and formations.”

The Panthers will have to deal with a Pirate team that averages 37.1 points a game which seems like a recipe for disaster seeing how the Panthers allows exactly the same amount of points per game.

East Carolina comes to FIU with 748 yards rushing, most of which are from senior running back Vinta- vious Cooper who has 555 yards and five touchdowns on the season.

Meanwhile, the numbers for FIU are not as promising. The Panthers have only been able to collect 518 yards of rushing in seven games this season. The Panthers leading rusher so far this year has been Silas Spearman III, who has rushed for a total of 287 yards and and three touchdowns.

The FIU rushing game has been a consistent issue among other things this year as the Panthers have only been able to average two yards a carry. When it comes to the passing attack for both teams, the Pirates once again have the upper hand as they average 340 yards a game. East Carolina is led by junior Shane Carden who has 2,325 passing yards and 16 touchdowns on the season.

Compare those numbers to the Panthers, who have only 1,016 yards and six touchdowns between both Jake Medlock and E.J. Hilliard combined. Panthers’ starting quarter- back Medlock is having a rough senior season having thrown six interceptions and only four touchdowns on the year.

On the opposite side of the field it doesn’t get any better for the Panthers as they have allowed 32 touch- downs this season.

The front pressure for FIU has been the one bright spot on this Panther team as they have racked up 11 sacks on the season led by senior Greg Hickman who has 3 sacks on the year. The Pirates aren’t afraid to bring the pressure as they have ransacked opposing quarterbacks for 20 sacks this season.

East Carolina’s aggres- sive defense is led by senior defensive end Lee Pogues who has four sacks so far this year and will be looking to add on against FIU. The Pirates’ pressure on opposing quarterbacks has also helped out their secondary play as East Carolina has picked off opposing offenses eight times this season. Senior defensive back Damon Magazu leads the secondary of the Pirates with three interceptions on the season.

For McNeill, he under- stands the importance of winning and having all three phases of the game come together as one complete unit.

“To accomplish our goals for the season is going to depend on us playing great complementary foot- ball on all three sides of the ball,” McNeill said. “If we can put together a series of plays, where we are all three working as one, I think that will be key. That’s where we are with our team. We’re looking forward to the chal- lenge and getting back on winning and having all three phases of the game come together as one complete unit.”

What future opponents should take away from Panthers’ basketball exhibition win

When it comes to the basketball team, Jerica Coley, who shot 14 of 27 from the field last year, was quite the challenge.

The senior guard just couldn’t wait for the regular season to start to make a statement. Coley, a two-time All-American and Conference Player of the Year, netted 45 points in the Panthers’ preseason opener against Nova. If this was a regular season game, Coley’s 45 points would have shattered her previous career high of 39.

Coley, who shot 14 of 27 from the floor and was 13 of 16 from the free-throw line, also posted five rebounds, two assists, two blocks and three steals.

It’s beyond ridiculous that Jerica Coley could improve upon last year’s performance. I mean she broke nearly every offensive single-season record FIU had, including most points scored in a season.

Last year, she could never quite reach the 40-point plateau, and not because she didn’t try, she netted 39 points on a number of occasions.

The win against Nova also suggests that senior Martina Davy- dova’s game has not dropped off one bit from her standout perfor- mance last year. The center regis- tered a double-double with 17 points and 13 rebounds. Davy- dova is the x-factor on this squad. She will be the one that needs to step up in order for this team to reach the postseason for the third consecutive year.

Davydova, though, needs to improve her shooting. When all your shots come close to the basket, a 5 of 13 shooting night is downright unacceptable. If she can manage to shoot at least 50 percent from the field, her pres- ence will almost equal that of Coley’s. Davydova’s upside is on the free throw line, she netted 7 of 9 attempts, a feat rarely achieved by centers.

Now Coley and Davydova were bright spots in the Nova game, but that was expected. The rest of the team, though, didn’t really impact the game like a good supporting cast should. Coley and Davydova combined to score 62 of the team’s 75 points, and no else had more than five points on the night.

The star duo combined to shoot 19 of 40 from the field which translates to 47 percent, not bad. The rest of the team combined to shoot 5 of 21 from the field trans- lating to 23 percent, which in case you didn’t know is awful.

Another knock on this team following this matchup, and yes I know it was a preseason game, is the lack of outside shooting. Head Coach Cindy Russo has always said her team is not the best outside threat and that they should just not shoot outside shots. Well, against Nova the squad shot 4 of 10 from behind the three-point line with all four makes coming from Coley. Now, I have to point out that Kamika Idom, one of the better shooters on the team, did not play in the opener.

It was just a single preseason game, but the win against Nova said a lot about this Panthers squad. Most of it we already knew, Holy Coley and Davydova are still awesome, the supporting cast needs to be a little more supportive and Idom’s return will only help the lack of outside shooting.

-COLUMNIST

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The playoffs are here; how will FIU fare

ROB HARRIS

As the season comes down to a close the FIU women’s soccer team looks to make some noise in tournament play.

"I'm sure FIU would like a number one seed get the easiest path. It feels almost like it should be: the team with the most points in the East Division (FIU) versus the team that needs to beat them for the number one spot (UAB)."

The playoffs are upon us! We don’t know who will win, what will happen or who will step up. We do know it’s going to be great.

Beckham picks Miami for MLS franchise team

With his playing career over, former England captain David Beckham has decided his next move: starting a Major League Soccer team in Miami.

Since leaving the Los Angeles Galaxy in December, and retiring from the game after a subsequent five-month stint at Paris Saint-Germain, Beckham has been mulling over the location for his MLS franchise.

Beckham has now made up his mind and he would pay a discounted rate of $25 million to launch New York City FC's rival in Miami. Beckham hopes the team to debut in three years, which would likely require the franchise to initially play in an existing venue.

In June, Beckham toured the Sun Life and Florida International University stadiums and met with Sun Life and Florida International University officials delivering a presentation to Beckham.
New study looks further into music’s effect on workouts

REBECA PICCARDO
Assistant News Director

When it’s time to hit the gym, a new study has shown that the best way to get a good workout is to make music.

A recent study from the National Academy of Sciences indicates that “making music makes strenuous physical activities less exhausting.”

Previous studies have already proven that listening to music can alter a person’s workout results, such as matching the tempo of the music with exercise.

Warren Shaw, assistant director of the Biscayne Bay campus recreation services, said that music is a huge component in everything that they do at the recreation center.

According to Shaw, if a song with a slower tempo came on the music station that usually has fast-paced music, it would disrupt people’s workouts.

“You can see people stop and look around, confused,” said Shaw.

The type of music that is played also determines who attends certain classes at the rec center.

Ratasha Iribarren, a junior and journalism major, works at FIU recreation services as a fitness instructor and personal trainer at Modesto Maidique campus.

At the beginning of each semester, she constructs a special playlist for each class.

“Each song has a number of beats per minute (bpm) that compliments the types of exercises I want to teach in those three to four minutes,” said Iribarren.

This semester, she is teaching “Ultimate Abs” and “Tighten and Tone” classes, so she keeps the music at a bpm of 130.

But for a high intensity cardio class, a faster bpm, between 136 to 160 bpm, motivates the participant to move faster during the sequences.

According to Iribarren, she tends to choose top 40 songs because people are motivated by music they are familiar with.

“When you know the song and it’s a song you like, it creates a sense of empowerment, so that you can really go hard for that half hour, 45 minute or one hour class,” said Iribarren.

In her personal workouts, Iribarren finds it difficult to accomplish as much without music.

“When I forget my headphones, it almost discourages me from working out because I know I’m not going to be in my zone.”

In a The New York Times article, Thomas Hans Fritz, the lead researcher of this new study, explained that music instigates movement that is almost unconscious, thus causing less conscious physical strain.

However, music may not be ideal for all workouts.

Jessica Pascual, a sophomore studying criminal justice, works out five times a week, doing an hour of strength training and a half hour of cardio each time.

According to Pascual, music disrupts her strength workouts, because it distracts her from keeping track of the sets and repetitions.

“When I’m lifting weights, I don’t listen to music because I find it too distracting and I find myself synchronizing my repetitions to the beat of the song,” said Pascual.

However, the same subconscious synchronizes that disrupts her strength training is what Pascual finds helpful in passing the time while doing cardio.

“When I listen to music while doing cardio I kind of tend to forget about the ‘pain’ I’m enduring,” said Pascual. “It makes the cardio more enjoyable.”

This new study measured the “psychologically indicated exertion during physical workout” with and without music.

Other students also find that music is beneficial when doing cardio workouts, such as running.

Melissa Perez, a junior and psychology major, who used to run track and cross country in high school, finds that playing music and singing along to it distracted her from getting tired more quickly.

“My best friend and I would put music on our phones out loud when running and it would be fun because sometimes we would sing along and it distracted us a bit from the horrible length of our run,” said Perez.

According to Perez, although singing while running did make her short of breath, playing and singing music helped pass the time.

Genesis Zambrano, a senior majoring in music education, isn’t surprised that there is a correlation between making music and workout efficiency.

“Creating inspires people to enjoy doing more,” said Zambrano.

“Not to mention that the same correlation can be seen in other disciplines when you find an enjoyable way to do what you ‘have’ to.”

Unlike previous studies that had shown how music affects the perception of exhaustion when conducting strenuous activities, this new study aims at understanding “the role of music in the emergence of human society.”

- rebeca.piccardo@fiusm.com

Record number of green sea turtle nests counted

AP STAFF

Florida wildlife officials are reporting a record number of green sea turtle nests.

More than 25,000 green sea turtle nests were counted on 26 state beaches this year, more than twice the previous record, Florida Fish and Wildlife Conservation Commission biologists said Wednesday.

“We are astounded and pleased by the high number of green turtle nests documented in 2013,” said Blair Witherington, a researcher with the commission. “It looks like the years of conservation efforts for this endangered species are paying off.”

The commission has been monitoring sea turtle nests on specific “index beaches” spanning nearly 250 miles since 1989. Researchers use the surveys to identify nesting trends, and the data complements annual surveys of nesting on nearly all sandy beaches in Florida.

In 1989, only 464 green sea turtle nests were documented. The count from the index beaches represents about 70 percent of green turtle nesting statewide.

Researchers say leatherback sea turtle nests also have risen dramatically since 1989. However, the tally for leatherback nests this year was 322, with 193 fewer nests than 2012’s total.

The number of loggerhead sea turtle nests is also down from last year, with 44,810 nests counted compared with 58,172 in 2012. Researchers say loggerhead nests have not recovered as much as other sea turtle species, and last year’s high tally followed a pronounced drop between 1998 and 2007.

The loggerhead is threatened and the green and leatherback are endangered, but all sea turtles are protected by the federal Endangered Species Act and the Florida Marine Protection Act. It is against the law to touch or disturb nesting sea turtles, hatchlings or their nests.

Nesting season in Florida runs from March through October on the Atlantic coast, and from May through October on the Gulf Coast.